

JUNE 2015

A Voice of Riverview Park

VOL.7 NO.3



These boot are made for splashin': Angelina Pascual-Meagher, age 2, designs her own Easter finery (See page 47)
Photo credit: Alan Landsberg



See page 8 for the
Planning and Development column





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An Easter Bunny visit to Balena Park

by Janice Dahms

This past Easter weekend, the Easter Bunny was very busy hiding a few hundred eggs in the snow at Balena Park. The second annual Easter Egg Hunt was held on a very cold but sunny Saturday morning. Dozens

of excited children scrambled to find the eggs – the youngest getting a bit of a head start. Families socialized after the big event while enjoying hot drinks, treats, and a visit from a fire truck. Donations from the Elmvale Acres Loblaws, the Starbucks at Trainyards, the

Farm Boy at Trainyards, and our City Councillor, Jean Cloutier were appreciated. The participants thank Alison Klus-Palermo

and Jennifer Blattman for bringing this tradition to Riverview Park.



Wow!! I found some
Photo credit:Geoff Radnor



Aoife, Fia and Ziv
Photo credit:Geoff Radnor



Allie
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Audrey, Arella, Carmen and Josie
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Riverview Alternative School's Grade 2's Travel the World!

by Bianca de Boer
Grade 1/2 Teacher

Riverview Alternative School's Grade 2 students are 'travelling' the world! As part of the Ontario Social Studies Curriculum, students are

in the form of an activity book about the country to be visited. After filing onto the 'airplane', rows of seats set up on the carpet, students enjoy a brief introduction by the 'flight attendant' (teacher) and then a very realistic airplane takeoff video. Our



Mrs. Bianca and some of the Riverview Alternative School Grade 2's showing off their map and postcards.

learning about Global Communities by virtually travelling the world from their classrooms.

A typical trip begins with students arriving at their 'boarding gate' where they'll obtain their passports and 'carryon lug-

inflight video about the country of destination is accompanied by a traditional cultural food item. Food is a great educator!

Continued on page 28

Riverview...Then

by Paul Walsh

This vertical aerial photo of the entrance to Riverview Park, from Riverside Drive, was taken circa 1967.

pital, which later was sold to the Federal Government! It was on the site of the present-day Alta Vista Towers. The parking lot of the Alta Vista Plaza had been the



Vertical aerial photograph of the entrance to Riverview Park

The Alta Vista Plaza is visible at the top-right of the photograph and had opened in the early 1950's

The other large building, near the shopping centre and to the lower left, was the Grey Nun Hos-

garden for the Nuns living and working at the Hospital.

Rolland Avenue is visible, off Alta Vista Dr. and just below the

Continued on page 23

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We finally got rid of winter and we are already planning for its return. Balena Park ice rink will again be the focal point for the hockey players and skaters of Riverview Park. Making the most of this local landmark won't happen on its own.

Those who love taking to the ice should be aware that without a coordinator the rink won't be much of a success. The rink does not look after itself. Ask Chris Khoury who is retiring after five years as rink coordinator.

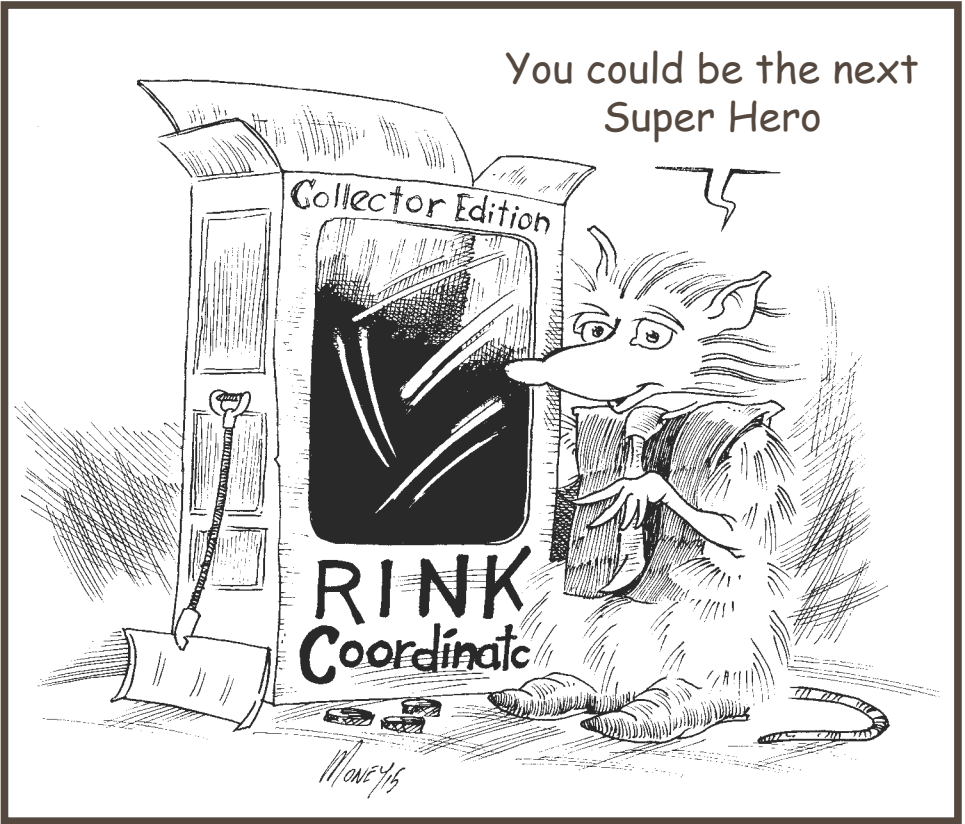
A job description to fill his skates as volunteer coordinator is outlined in this June edition of the Riverview Park Review.

Last season 17 volunteers supervised the field house and kept the ice "hot" for skaters. Many of these same people have, over the years, written wonderful stories of both our local rinks, and taken exceptional photos that have been appeared in this paper.

An earlier editorial highlighted the value of both Balena and Dale rinks. They are true local gathering places for people of all ages, and can be a family pastime during the long winter season- but they need our rink coordinators.

Chris has told the City that he would help put a coordinator on the right ice path. He would help that person on setting up the hose, show where the shovels are and tell why he did this or that. Bruce Aho, long-time coordinator of the popular Dale Park Rink is also offering his assistance to someone new. After these initial start-up suggestions a new coordinator would be free to decide their own best plan of supervision of field house and maintenance volunteers. The City provides a free rink-making course for new coordinators.

Chris noted that the rink is consistently enjoyed. Annual participation rates are estimated at 1,800 to 2,200 visitors - just from Riverview Park



alone. In order to continue this success a new coordinator is needed. If you can help, or know someone who might be interested, please check this paper for further details. Who knows where the next Patrick Chan or Sidney Crosby will come from? Maybe our own rink of dreams.

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Got an opinion to share? Please send letters to Editor@RiverviewParkReview.ca. Your name, address and phone number is required for verification.

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Changes to OC Transpo service starting this summer

Your commute on OC Tranpo's Transitway is likely to change this summer if you're traveling to or from the east end of the City. On Sunday, June 28, the Transitway section between Hurdman and Blair Stations will close due to construction for the O-Train Confederation Line.

The O-Train Confederation Line is the future of public transit in Ottawa and it will significantly improve the way people get from one end of the City to another. Once completed in 2018, the Confederation Line will be one of the most advanced and innovative transit systems in North America and will serve as the foundation of Ottawa's planned city-wide light rail network.

To get there, we must first convert the Transitway to light rail which means OC Transpo customers will have to adjust to certain service changes.

How will OC Transpo's service and stations be affected

Starting June 28, all transit service that now runs on the Hurdman-Blair section of the Transitway will be moved to bus lanes on Regional Road 174, Highway 417, and other parallel corridors. It's important to note that many buses to and from downtown will bypass Hurdman Station to keep travel times as quick as possible.

There will also be changes to OC Transpo's Train, St-Laurent, Cyrville and Blair Stations to allow for construction of the new light rail stations and platforms. The current Train Station on the Transitway will close, which means that VIA Rail station will only be served by OC Transpo on Tremblay Road. The lower level of St-Laurent Station will close as well which means all OC Transpo routes with a stop at St-Laurent will be operating strictly on the upper level. Blair Station will move slightly east from its current location, where construction is already underway, and Cyrville Station will also close but customers travelling to and from that station will continue to be served by nearby local routes.

Other changes and improvements to OC Transpo's service starting June 28

- A new Route 91 will supplement Route 95 and will bypass Hurdman Station providing a more direct trip downtown;
- Routes 91 and 94 and regular and express eastbound Routes will travel on Highway 417 and will bypass Train and Hurdman Stations;
- Route 95, 114, 129, 192 and 199 will travel on Highway 417 and will bypass Train Station;
- Routes 92 and 96 will provide service to the relocated Train Station on Tremblay Road;
- Routes 127 and 124 will be combined to provide service to residents in the Ogilvie/Cyrville community;
- Routes 126 and 128 will be shortened to end at Blair Station 7 days a week;
- Routes 6 and 101 will have a different routing at Lees Station;
- Routes 1 and 7 will have improved service frequency on weekends; and,
- West end express routes will end at Hurdman Station in the morning and will start at Campus Station in the afternoon.

These adjustments to OC Transpo's service will be in place until the O-Train Confederation Line opens in spring 2018. For more information, please visit www.octranspo1.com/routes/on_track_2018. L'information est aussi disponible en français ici : www.octranspo1.com/circuits/sur_la_voie_2018.

Seasonal service changes to OC Transpo

On Wednesday, July 1, a special Canada Day service will operate, with more trips and higher-capacity buses. No matter where you have to go that day, remember that you can count on OC Transpo.

During the summer months, TD Place will host large and small events, including CFL football, NASL soccer, and concerts. For all events and for everyday travel, Routes 1 and 7 provide service on Bank Street and transfers can be made with the rest of the transit network.

Every year, OC Transpo ridership goes down as the school year ends, as customers take summer vacations, and as the weather improves to allow easier cycling and walking. OC Transpo will be adjusting its service frequency this summer to reflect these changes in ridership. A number of routes will be affected so it is best to visit octranspo.com to see if and how your commute will change.

Up-to-date OC Transpo schedules can be found starting mid-May by using octranspo.mobi or the MyTransit iPhone app, by calling 613-560-1000 or by texting 560560.

Visit octranspo.com for more information and to find the most convenient trip for you. You can also contact OC Transpo at 613-741-4390.

Volunteer Opportunity: Balena Skating Rink Coordinator

Riverview Park is seeking a volunteer to run Balena skating rink for the 2015-2016 season.

Balena is a fantastic outdoor community facility that sees about 2,000 visitors over a season that can last from late December to early March. The rink is open weekday evenings and weekend days, with one side for hockey and one for skating.

Volunteer duties include:

- Establish and maintain ice alongside 2-3 other volunteer ice makers
- Coordinate 15-20 volunteers who will supervise the rink and field house during open hours
- Skills required:
- Hard working and dedicated
- No rink maintenance skills needed; the City provides a rink-making course
- Love winter and outdoor recreation

If you're interested in taking part in a lively community rink, working with an established group of dedicated volunteers and meeting many neighbours over hours of fun at the local rink, please contact RPCA President Kris Nanda at alzkris@yahoo.ca or RPCA Treasurer, Adnan Abidi at adabidi@gmail.com

Dempsey closing for renovations

by Catina Noble

During the summer, Dempsey Community Centre will be closed for renovations. The boiler system is to be replaced, the front of Dempsey (including the ramp) will be redone, some of the doors will be

changed, painting, just to name a few. Because of the renovations, Dempsey Community Centre will be closed from June 30 until September 28 (inclusive). If you need to get in touch, call 3-1-1 and they will be able to direct your call to the right place. See you in the fall!

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Planning and Development Update

by Kris Nanda

Chair, RPCA Planning and Development Committee

The Riverview Park Community Association (RPCA) and its Planning and Development (P&D) Committee follow developments of interest in the local community and around the City which affect Riverview Park residents either directly or indirectly. RPCA Board members work with other community associations on issues of common interest through organizations like the Federation of Citizen's Associations (FCA) and communicate regularly with local councillors on planning and development issues of concern.

Pressing issues that the RPCA continues to follow include construction of the controversial Hospital Link portion of the Alta Vista Transportation Corridor (AVTC) road between Riverside Drive and the Ottawa Hospital Ring Road, and impacts of the Light Rail (LRT) construction. In particular, the RPCA is closely monitoring developments related to the relocation of the VIA rail line behind Abbey Road and had requested that the City hold an Open House on the AVTC this Spring, to give local residents a chance to provide input into the design plan and potential mitigation measures. While this request was declined, the AVTC remains an ongoing item at monthly RPCA Board gatherings — the next meeting is Wednesday June 17 at 6:45 PM at the Maplewood Residence (Neighbourhood Way and Industrial Avenue)

Details on issues of interest which the RPCA is monitoring include the following items:

Alta Vista Transportation Corridor – Hospital Link

Construction work continues on the 1.7 km Hospital Link section of the controversial Alta Vista Transportation Corridor (AVTC) between Riverside Drive and the Hospital Complex. Plans show a new two-lane vehicle and transit link from Riverside Drive and the Transitway which connects to the Hospital Ring Road and facilities that comprise the Ottawa Health Science Centre (OHSC).

The project includes an at-grade signalized intersection at Alta Vista Drive and bridges passing over the Transitway and Riverside Drive, with an underpass below the Via Rail line, needed for the Hospital Link. A City handout distributed in March 2015 shows the Eastern terminus of the Hospital Link is just east of the toboggan hill and

Co-gen plant, considerably further west than the previous design and detail drawings for the AVTC that the RPCA had received in January 2015. However, the exact location of the Eastern terminus has not been officially finalized.

The first stage of the planned three years of construction activity includes the temporary relocation of the Via rail line up to 32 feet east of its present location during construction of an underpass to allow the AVTC to travel underneath the railway. Although the area affected by the relocation of the original rail line is well outside the study area used for the Environmental Impact Assessment previously performed for the AVTC, the RPCA was unsuccessful in its 2014 request to the provincial government for an addendum to the Assessment, due to the Via Rail Line relocation and changes in light and noise mitigation measures that were not considered in the original Assessment.

In addition to the rail corridor relocation behind Abbey Road, construction activity is now concentrated along Riverside Drive and in the AVTC between Riverside and Alta Vista – most of which relates to construction of sewers and a new watermain, excavation for roads, and preparation work related for a new bridge over Riverside Drive. An access road has been built to allow trucks and equipment to get to the construction site. Some preliminary clearing has taken place in the AVTC just east of Alta Vista Drive to set up a staging area, but no additional work is planned for that sector in 2015. Councillor Cloutier's website now has a link to the AVTC project: <http://jeancloutier.com/hospitallink/>

RPCA Board members reviewed detailed drawings that Councillor Cloutier shared earlier this year and also met with Bruce Kenny, the City engineer for the project in March 2015 regarding several technical questions on certain aspects. The RPCA is seeking confirmation about the size and the scope of the project (including the "footprint" on the woods and elsewhere during construction) and about noise and light mitigation measures as well as the aforementioned rail relocation work. Abbey Road residents have sent the City and Councillor Cloutier their own list of questions regarding impacts of the current and anticipated AVTC construction work.

In a 2014 communication to RPCA Board Members former Councillor Peter Hume indicated that "given the unique nature of

this project, the City, in the tender documents, has retained the right to make adjustments to the design right up until physical construction. This means that although the City is seeking comments at this time, should issues arise after the tender is awarded, adjustments can be made."

With this in mind, the RPCA asked Councillor Cloutier for assistance in arranging a Spring 2015 open house, which it offered to host. This event would have allowed City staff to answer questions and accept input from the broader local community and other interested parties regarding design issues, including the parameters and impact of the project, well in advance of actual construction and the finalized design. However, this Open House is now likely to take place in the Fall.

National Defence Medical Centre (NDMC)

The Department of National Defence and Canada Lands Corporation (CLC) are still working on disposition of the NDMC, located just off of Alta Vista Drive, adjacent to the AVTC. No actual construction date has yet been set. CLC officials have confirmed that NDMC lands are not likely to be transferred from DND before 2016 at the earliest. The RPCA has heard from at least one federal official that there is a potential Algonquins of Ontario land claim for NDMC property. Board members are investigating and following up to get more details on the nature and scope of this potential claim as it refers to both the NDMC lands and the AVTC.

Implications from Light Rail Construction and Highway 417 (Queensway) Expansion Projects

Staging work continues in the area just north of the existing Hurdman Station, in preparation for preliminary construction work on the new Light Rail Transit (LRT) station. Foundation work for the new LRT station is starting once piling activities (placement of structural support poles) for the foundation and elevated guideway of the new LRT station are completed.

Construction of the structure of the new Hurdman transit station is taking place in phases, starting in 2015 with completion in Summer 2016. According to City officials, the work is supposed to be completed during daytime hours with minimal impacts and OC Transpo operations are not anticipated to be affected by this phase of the

project. Officials from the City and OC Transpo provided an update to the RPCA Board in May and also outlined some of the changes that will take place when the Transitway between Hurdman and Blair stations is closed at the end of June 2015 for conversion to Light Rail. This closure will last until the Confederation Line opens in May 2018. http://www.octranspo.com/routes/on_track_2018

While hundreds of buses will be detoured onto Highway 417 via Riverside Drive each day as part of the closure, the Queensway work is scheduled to be "substantially complete" by June 22 and will include new dedicated bus lanes. In the meantime, work is slated to begin this summer to lay track between the Belfast Yard buildings and the soon-to-be closed Hurdman-to-Blair section of the Transitway. (The massive Belfast Yards facility should be completed this summer to allow LRT vehicle assembly to begin this Fall.) Detailed information on the LRT project, including weekly construction summaries, can be found at www.ottawa.ca/confederationline. There is also a link on the RPCA website.

Main Street and McIlraith Bridge renewal

The long anticipated rehabilitation of the McIlraith Bridge over the Rideau River connecting Smyth Road and Main Street, and roadwork and the conversion of the latter into a "complete street" has begun and is scheduled to last until the summer of 2017.

As of May 25, only southbound traffic on Main Street will be maintained during construction, to allow direct access to the hospital. Northbound through-traffic on Main Street (i.e. towards downtown and the Pretoria Bridge is being detoured via Riverside Drive, Bank Street, and Isabella Street and drivers can expect delays. There will also be cyclist detours through Old Ottawa East for cyclists who normally use Main Street, but the Lees Avenue route is expected to remain open.

Pedestrian and Cycling Connections

The multi-use path (MUP) adjacent to the Transitway Bridge over the Rideau River (between Hurdman and Lees) will be closed during conversion of Transitway from buses to rail, starting in 2016. This MUP is heavily used by pedestrians and cyclists travelling between Alta Vista and downtown/University of Ottawa. The RPCA has also raised

Planning and Development Update

the issue of pedestrian/cyclist access using the Transitway Bridge between Lees and Hurdman when the Transitway is converted from buses to rail.

Short duration flagging and intermittent closures will occur on the Rideau River MUPS as required through June 2015 to complete works on the Hwy 417 bridge structure. Commencing as early as July, short-term flagging may be required and work is scheduled to begin to restore the Rideau River pathway. This will necessitate the closure of the pathway for a period of several weeks while it is re-aligned. Pathways located near Hurdman station may also experience short duration flagging to accommodate station construction activity in that area through the summer.

While the Coventry Pedestrian and Cyclist bridge across the 417 between Tremblay and the Baseball Stadium was opened in February 2015, re-opening of Belfast Road between Tremblay and Coventry to pedestrians and cyclists was delayed until late June 2015. This section of Belfast Road is expected to re-open to vehicular traffic by early 2016.

The opening of the new Coventry bridge over the Queensway leaves the gap between the Trainyards and the Via property as the only missing link for safe pedestrian and cyclist travel between Riverview Park or the Trainyards and Coventry Road (that would also benefit Trainyards customers and staff seeking quick access to the Transitway and future LRT system). The RPCA has been in contact with the Overbrook Community Association (OCA) and has received OCA support regarding this link.

There is a condition in the original Trainyards complex project approval that requires a new pedestrian connection between Train yards and the VIA Train Station/ LRT

stop. (e.g. either tunnel or pedestrian bridge) to be built once certain square footage of space in the Train yards complex is constructed. There is a question as to whether timing of this project (at least preliminary planning) could be tied in with LRT construction, and both the RPCA and its Overbrook counterpart have raised this issue with their councillors.

Trainyards Developments and New Retail

The site plan to construct a 9-storey office building at 405 Terminal Avenue, just east of the Canadian Revenue Agency building at 395 Terminal, has been approved. Work on this structure – approximately 2/3 the size of the facility at 395 Terminal – is slated to begin this year and take about 18 months to complete. The tenant has yet to be confirmed.

An application was recently made to revise the previously approved plan for a 40,000 sq ft. building at 595 Industrial (in the vacant space on Industrial Avenue just west of Pioneer Gas station) that involves combining what was originally approved as two buildings into one building. The project went to the Urban Design Review Committee in May, and Trainyards officials hope to complete the site plan process by mid-summer to get construction underway for a January 2016 completion. The conditional tenants are Buy Buy Baby (an offshoot of Bed Bath and Beyond) and Designer Shoe Warehouse.

The site plan is advancing for the former lumber yard lands at the south of Industrial Avenue (628 Industrial) and at the signalized intersection for Farm Boy/LCBO. One challenge in the site development relates to the pedestrian path between Industrial Avenue and Coronation and addressing the roughly

8 feet in grade change between the two roads at that point. An all-weather solution is being sought – which will likely involve stairs or ramps, or a combination. The City is also requiring Trainyards to go through a downtown Urban Design Review Panel, so this project will probably be delayed until 2016.

Other planned construction is at 197 Trainyards Drive (just east of The Athletic Club, with 18,000 square feet of multi-tenant retail, including a Bulk Barn store) and at 595 Industrial Avenue (the vacant space just west of Pioneer), with 40,000 sq.ft for two major retailers.

Pennington's at 575 Industrial moved in on May 9 to take over the spot formerly operated by Mexx. With Banana Republic and Skechers both open, all businesses in that building are now open.

Russell Road Sidewalk

In 2012, the RPCA requested a sidewalk on the western side of Russell Road between Haig and Coronation/Industrial on behalf of the Riverview Park Community Association. At that time a sidewalk on Russell Rd was included as a future requirement in the 2009 Pedestrian Plan.

Earlier this year, the RPCA, supported by officials from the Perley Rideau Veterans Health Centre, sought clarification as to why a sidewalk was not being constructed in conjunction with the work on Russell Road that is currently taking place. In response, City staff acknowledged that under the policies of the current 2013 Ottawa Pedestrian Plan, Russell Road still has the same requirement for future sidewalks on both sides, as it is a Collector roadway (it also qualifies based on it being a bus route).

However, Russell Road is not included in the Affordable Pedestrian Network and the work on Russell

Road is limited in scope to the lining of the existing watermain, with only localized impacts to the road. Therefore, a new sidewalk on Russell Road will only be added as part of a future full road reconstruction project when the entire roadway is torn up and completely reconstructed (as this provides opportunity to create a whole new road design that integrates the sidewalk fully into the roadway). Reconstruction of Russell Road is not currently scheduled in the short-term planning horizon so it is unlikely that a sidewalk will be implemented on this road segment in the near future.

Community Mailboxes (CMB)

The RPCA is proactively looking to identify locations for where CMBs would be located in Riverview Park, although they are not expected to be installed in Riverview Park until 2016 at the earliest. Councillor Cloutier has been advised on the RPCA's interest in working together to identify potential CMB locations, given media reports about lack of Canada Post consultation with some communities in other parts of the country.

More information on some of these project proposals can be found at the City of Ottawa website at: http://www.city.ottawa.on.ca/residents/planning/index_en.html. The RPCA welcomes your input on these proposals and any other potential developments in the area.

If you are interested in joining the RPCA P&D group or would like further information, you may contact the Committee Chair, Kris Nanda at krpp1415@gmail.com. For more information on this and other activities in Riverview Park, please see the RPCA website at www.RiverviewPark.ca. The contact email for RPCA is info@riverviewpark.ca

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David Chernushenko Councillor Capital Ward

Women’s World Cup is our chance to look beyond gender in sports

by David Chernushenko

The 2015 FIFA Women’s World Cup is coming to Ottawa this month, and I’m very excited! I purchased two passports to all the Ottawa games as soon as I could, and I’ll be watching as many matches as I can get away with (maybe checking a few scores during the slow moments of some meetings). I love women’s soccer.

In my final year at Queen’s University, when it became painfully obvious that my own competitive days were numbered, a friend recruited me as co-coach of the women’s soccer team. They — we — went on to win the Ontario championship in 1984.

It’s instructive to take that little nostalgic trip back in time because, back in the 1980s, there was no national tournament for women’s soccer. This was as far as you could go, so who knows what our Queen’s squad was capable of that year.

In fact, ours was not even an official team. We were a “club” with virtually no funding. And our best players were not being scouted for the national team, because there was no national team. There was also no World Cup for women — that would not come until 1991.

Our women, like all female soccer players at that time, were playing the beautiful game just for the

love of it — for the fun, the endorphin rush, the physical fitness, the camaraderie and the break from studying. And there was nothing wrong with that: Girls/women playing sports just because they wanted to.

But let’s not kid ourselves. Like the women’s hockey team, or those who practised any other rough and tumble “men’s” sports, these were not typical athletes. They were among the very small percentage of university-aged women still engaged in regular physical activity, and they did have to endure their share of cheap shots and comments about whether it was appropriate to get sweaty, muddy, bruised and even bloodied.

Fast forward to 2015: I am glad that so much has changed, but I am saddened that it has not changed enough. Still, the percentage of females engaging in sports or any other form of regular physical activity plummets as soon as girls reach their teens. There are all kinds of reasons: body awareness, peer pressure, cultural norms, time pressures, etc. But at the heart of it, regular physical activity is still seen as more of a “guy thing”. That’s especially true of sports played with the intensity and frequency required to trigger the full range of known physical and mental health benefits, as well as that all-important self-confidence

boost that, research shows, comes from being physically fit. It’s hard to believe, with such great Canadian role models in Christine Sinclair, Haley Wickenheiser, Clara Hughes, Eugenie Bouchard, the Dufour-Lapointe sisters and others, but it’s a fact.

So here is what I am hoping Canada and Ottawa will get from hosting this summer’s marquee soccer event:

A chance to marvel at the speed, dexterity, power and focus of the players we will see.

A chance for girls and older women to be inspired by what they see, and translate that into a summer of getting fit or staying fit.

A chance for all of us to wonder why we only pay good money to watch men’s professional sports, and for corporate sponsors to ask themselves why they aren’t putting more money into women’s sports.

A chance for sports commentators and writers to get through the whole tournament without making gratuitous comments about any player’s or female coach’s looks, hair, body type or wardrobe. If you wouldn’t say it about Ronaldo, don’t say it about Marta!

And finally, a chance for us all to look beyond gender entirely and to be the great hosts and fans I know we can be.



McIlraith Bridge rehabilitation

Work is scheduled to begin in June on the McIlraith Bridge linking Smyth Rd. and Main St. over the Rideau River and Riverside Dr. This is a major project that will span two years, and for good reason. The bridge requires seismic upgrades, waterproofing and paving, repairs to the sidewalks, abutment and expansion joints, painting of steel girders, and installation of bird screen protection over the pathway at Main St. By the time the work is completed in 2016, the bridge will also gain bike lanes and better lighting.

Councillor David Chernushenko
613-580-2487 | David.Chernushenko@Ottawa.ca | capitalward.ca

Spring Has Arrived (Thankfully)

by Geoff Radnor

As soon as the snow has all gone and the dandelions start to bloom, do your thoughts turn to gardening? Are you eager to get some flowers in your garden? Is your lawn (good word for a weed patch) in need of some serious assistance to maintain its place in the world? Well those garden center stores know exactly how you feel. Do you remember the old saying about not planting your new garden until Victoria Day? There was still the danger of frost in those days. Now we get 32°C in the first week of May. How do the green house plants know when to get ready to bloom in time for their arrival at the garden center? Do they know more about climate change than our federal government? They must, as they were out in force when I ventured to start my spring

planting.

Well I felt it was OK to go ahead and plant some new annuals in the garden, so ventured out to see what was available that would not exceed my very limited budget. There were mounds of bags of black earth, potting soil, grow-mix, fertilizer, pavers of all sizes and colours in enough quantities ready to start building a new Great Wall of China right here in Ontario. Together with rack upon rack of plants in all sizes and shapes. And all prices! There were plants for \$30 and up, these were way over my head. I did like the \$2 price for six small annuals though.

Some attractive plants took my attention and I wheeled the cart back to the car after parting with only \$34. But there were some perennials in my garden that I hoped would be back in bloom this year, isn’t that what they are supposed

to do? Have they all survive our long cold winter? The funny thing is that the weeds all manage to not only grow but multiply over the winter, and here they come, in their thousands, swamping my garden, where are my perennials that were there last year?

But there are some favourites of mine that are just beginning to show signs of life after sleeping through the Ottawa winter.

So I am asking readers to answer some:— “Questions from the Garden Centre”

John Paul II. Most of us know the name of this famous Pope

But **what does he have in common with these names?**

1. Kilian Donahue. 2. Arabella. 3. Elsa Spath. 4. Vivienne Beth Currie. 5. Nelly Moser. 6. Ernest Markham. 7. Dr. Ruppel 8. Mrs. Cholmondeley. 9. Comtesse de Bouchard.

- Some helpful clues and thoughts,
1. Wasn’t he famous IRA terrorist?
 2. That must be the name of my favourite niece
 3. Elsa, possibly was a WWI German spy
 4. Wasn’t she the wife of the Major in the Indian army in that TV show?
 5. She must have been the girl that brought down that UK politician
 6. He was the principal at my high school wasn’t he?
 7. Isn’t he your Ophthalmologist?
 8. Do you know how to pronounce this grand old lady’s name?
 9. The owner of a fine vineyard in France

Answer on page 28

by Lucky Student



As a middle-aged man I have seen various personal conflicts throughout my life. In almost every conflict, which I can remember and reflect on, the cause seems to have been that my expectations did not match with the other person's behavior, act, or thoughts. The bigger the mismatch the more severe the personal conflict has been. In addition, the state of mind of either side seems to have played a crucial role in triggering the conflict.

I clearly remember the day many years ago when I was driving on a three-lane highway and someone cut me off very aggressively such that I had to slam on the brakes to avoid an accident. I was in my early twenties with a lot of expectations (from others). I was furious, and within a split second I found myself chasing the other car to retaliate. When I caught up to the other car, to its right, both driving fast down the highway, I applied my brakes knowing that my car would pull to the left a little bit so that I would get even with him. However, my move caused the other guy to slam on the brakes such that his car started swirling. I saw this in my rear view mirror, and felt awful. I did not expect that to happen. So, being young and inexperienced, I pulled over and got out of the car waiting for the other person to pull over so I could explain to him that I did not mean to cause him any harm. Meanwhile, the other guy pulled over in front of me, and got out of the car. Right away he started shouting and cursing, and when he got close to me he started throwing punches and kicks, which I did not expect. I did not know any self-defense techniques at the time to defend myself, so I just kept my head down and ran away (the only self-defense technique I knew at the time).

For me road rage is a good example of personal conflict, and in my incident there was more than one conflict. Because, in every stage of the incident my expectations were way off from the

other person's act, and vice versa I suppose. First, I was not expecting other cars to cut me off, but if they did, then I had to cut them off somehow to get even. Second, I expected my subsequent act (retaliation) to be understood and accepted by the other person, not to end up with his car swirling, and ultimately a physical confrontation. In my opinion, disagreements between people are part of the day-to-day life.

The important thing is to be able to recognize those disagreements, and more importantly being able to handle them appropriately. In my incident I almost caused someone else getting hurt. Imagine if his car had rolled over, the result could have been fatal. Worst, I could have ruined a family because later I learned that the reason the other person was driving like that was the fact that his wife was in labor



in hospital and he was rushing to get to the hospital. Now the question is, would the outcome be different if I got into the same situation today? And the answer is yes, absolutely.

Aside from the fact that I am more mature and have more life experiences, I am also more aware. By that I mean more aware of my surroundings and more aware of my state of mind (or being). And, it is because of this awareness that I think the outcome would have been different. Another question is that, how have I gained such awareness? I don't think aging and life experiences have helped me to gain such awareness, I believe the answer is Aikido.

I believe through regular practice at the dojo the awareness of my surroundings and the awareness of my state of mind have significantly increased. How? I think there are many factors. Some factors have helped me to gain more awareness of my surroundings (like observing others during practice, and alertness) and some have helped me to gain more

self-awareness (like observing myself during practice, and other's "reminders"). In both cases, it seems that observation is the main factor. From bowing at beginning of class to bowing at the end, from warm up to hand escapes to free-style practice, I need to observe what others are doing and what I am doing. I need to watch (in most cases carefully) the steps, the positions, the movements of Sensei and my partners to learn how certain techniques are done. And, I need to watch myself performing those techniques to correct what is not right. This observation process, repeating over years of practicing Aikido, has made me to be more aware. I am more aware of my surroundings through observing others, and I am more aware of myself through observing myself. With respect to other factors, for example, when I practice free-style I need to be alert to be able to

more aware of my surroundings. I also mentioned the "reminders". By that, I mean those moments where I am reminded that I need to change what I am doing. I have been reminded many times (by Sensei or my partners) to pay attention when I am not focused, to relax when I am stressed, to breathe when I forget to breathe. These reminders have helped me to realize the state of my mind at the time, and the fact that I need to correct that. Going through that process over years of practicing Aikido has helped me to be more aware of my state of mind.

To me the gain in awareness is very important but what is more important is the fact that, without any effort, the awareness has moved from the dojo to my life outside the dojo. Today, while I'm driving on the highway, I am aware if a car is approaching fast such that it could cut me off. I recognize that possibility, and am prepared. I will allow the other car to have more space such that I don't have to slam on the brakes should the other car cut me off. And, assuming this happens, and I have had a very bad day such that I get agitated, I recognize that, and am prepared for that too. I will take a deep breath, not only it calms me down, but it also allows a couple of crucial seconds within which I may act for retaliation to pass. So far this has been working for me on the road, and I have been trying to apply it in other situations as well.

Even though we are living in a very civilized society, I cannot avoid personal conflicts. What I can do, and have been doing to my best ability, is to adjust my expectations (e.g. no more no-one will dare to cut me off), to recognize the personal conflicts, and to be prepared if they arise. I wish I had such awareness on the day while I was driving on that three-lane highway!

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Gardeners enjoying a pot luck lunch
Photo credit: Yi Cui

Trinity Community Garden to hold Plant Sale and participate in Ottawa's Garden Days

by Bernadette Bailey

Trinity Community Garden will be holding it's Annual Plant sale on June 6 during the Alta Vista Community Garage Sale. The Plant Sale will be held at 1641 Alta Vista Drive from 9.00 until 2.00. We will be selling a wide variety of Perennials and some annual plants that our gardeners have donated from their own home gardens. The proceeds will be used to help cover the cost of obtaining compost and water for the members use as well as purchasing rain barrels, tools, or other



necessities for the garden.

A new gardening season has begun and the gardeners at Trinity Community Garden have eagerly begun to plant in their plots. Our numbers continue to grow. This year we have 33 gardeners, many of whom came out on our garden Preparation day, to turn over their

soil, add compost, sow seeds for cool weather crops and share a delicious pot luck lunch.

The Community Garden will be hosting a community activity as part of the national Garden Days. Community members are invited to come to the garden on Saturday June 20th between 10 a.m. and noon to meet the members, have a tour of the garden, and learn about how we grow our food. Trinity Community Garden is located behind the Trinity Church of the Nazarene at 480 Avalon Place.

"Kicked off with National Garden Day, always the Friday before Father's Day, **Garden Days** is a

three-day celebration that takes place over the Father's Day weekend. The program's objective is to draw attention to our cultural garden landscape, history and innovations and to underscore the importance of public and private gardens, the values of home gardening and the promotion of environmental stewardship. **Garden Days** is a joyful, country-wide celebration of the role of gardens in our communities and in our lives." Canadian Garden Council.

If you would like to learn more about Garden Days, visit garden-days.ca. We hope to see you in the garden.

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Mother and daughter - Sewing seeds
Photo credit: Yi Cui

Gardeners prepare to add compost to their plots
Photo credit: Bernadette Bailey



Jean CLOUTIER

Recycling event recovered 800lbs of electronics and raised over \$1,100 for the Heron Emergency Food Centre



Councillor Jean Cloutier with Debbie and Harold Hickman, volunteers from the Heron Emergency Food Centre, and Luc Raymond, owner of 1-800-GOT-JUNK? Ottawa, who collaborated on a successful recycling event on Saturday, May 2nd, 2015.

Thank you once again to the residents who stopped by to recycle their electronics and kept these items out of the landfill. Your contributions to a local food bank are greatly appreciated.

Additional thanks to the Heron Emergency Food Centre, 1-800-GOT-JUNK? Ottawa, and Elmvale Shopping Centre for making this event possible!

Centre line flex signs return to Alta Vista

To encourage drivers to slow down, centre line flex signs have now been installed on five Alta Vista streets:

- Southvale Crescent • Coronation Avenue
- Halifax Drive • Blossom Drive
- Harding Road

Installing these signs along the centre line also means that vehicles must stay within their proper lane, even when sharing the road with pedestrians, cyclists, and parked vehicles.

When passing the signs, vehicles are forced to slow down to a speed that they, and other types of road users, would feel comfortable with. With parked vehicles directly beside a sign, and nearby pedestrians or cyclists, this might mean a traveling speed of 10 – 15 km/h. It is also recommended that motorists and cyclists stay in single file, without passing.

Radar signs remind drivers to watch their speed

Our radar signs continue to tour the ward based on your suggestions, in order to collect speed and car count data.

If you would like to have the signs installed on a specific street, we encourage you to email details to avsafestreets@ottawa.ca, or call 613-580-2424 x28490.

Improving our parks – we want to hear from you!



When I became your representative at City Hall, I committed to improving our parks across the community, beginning with Sharel, Featherston and Hutton. I am always eager to hear your ideas for what you would like to see implemented. Official park consultation events will be taking place in the fall – please stay tuned for more information.

In the meantime, I encourage you to send your ideas to JeanCloutierOtt@ottawa.ca – I would love to hear them! Thank you for your contributions.

Alta Vista Hospital Link newsletter - subscribe now!

To receive updates on the Alta Vista Hospital Link project, including key activities, traffic updates and notice of a community meeting anticipated for the fall, please email JeanCloutierOtt@ottawa.ca. You can also visit www.JeanCloutier.com/hospitallink to view past updates and get general project information.

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Going high tech at the dinner table

by Carole Moul

The verdict is in. Diners do like the experience of iPad ordering. The touch interface makes it easy even for people who don't truly like computers, and as many have discovered, the benefits outweigh any initial hesitation diners might feel.

Local residents Jamie and Fiona both think iPad ordering is great and like everything about it. Numerous other enthusiastic customers concurred with these two 168 Sushi diners.

"I've used it three times now. I have a lot of food allergies, so I

like to see what I'm getting," noted Fiona, as she scrolled through every picture, touched the screen to enlarge the photo, and commented that for the most part the ingredients were listed.

For Fiona's friend Jamie, it was the first time with iPad ordering.

"I like it, I like the pictures, and I know what I'm getting. Fiona took the lead. In fact, Fiona kind of monopolized it," she laughed.

iPad ordering also brings with it a brand new meaning to the word fusion. Now, whether you are ordering Thai, Chinese, Japanese or Korean dishes from the huge

selection on your shiny new iPad menu, you will no doubt enjoy dining where service is more direct from customer to kitchen.

One server named Jack agreed that service was much quicker now and he very much liked iPad ordering. People order and the food is ready quickly to be picked up at either the main or sushi kitchen.

Manager John Ke added that more and more people are ordering with the iPads, and recently he began wearing a walkie-talkie that helps connect him to various servers who are working around the dining areas.

Ordering from the iPad couldn't be easier, and as one diner noted,

"Since it is frequently difficult to understand what is meant by some of the names of unknown dishes, the visuals of the various items on the buffet menu are a great help."

Both the drink and food menus can be accessed from the left side of the tablet, and are kept in themes for easy horizontal scrolling. With the drinks, a whole row to scroll to the right might be for juice, or Smoothies or Japanese

Continued on page 26



Jamie: a quick learner



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Fiona has become quite an expert at this



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Lost boy finds peace and place in Ottawa

by Bill Fairbairn

Paul Galuak, newly appointed assistant manager for Ottawa Festivals, was one of 20,000 Lost Boys of Sudan 23 years ago. Today his ambition to succeed at his job runs parallel to his work along with St. Luke’s Catholic School to help replace a school-below-the-trees with a new school building for orphans in independent war-stricken South Sudan.

Working in the fields in Sudan at age 12, Paul was being press-ganged into military service in a bloody civil war that drove thou-

sands of young boys on a tortuous march to escape induction into the Sudanese People’s Liberation Army then fighting for southern independence from the Arab north. Paul was one of thousands of lost boys who braved lions, hyenas, leopards and snakes to escape civil war by crossing borders with only food, water and a blanket in scorching temperatures.

South Sudan rebel forces were recruiting young boys to fight the Sudanese army and Arab government in Khartoum. Khartoum

Continued on page 25



Youthful free spirits from the audience joined Jal to an arms aloft crescendo
Photo credit: Bill Fairbairn



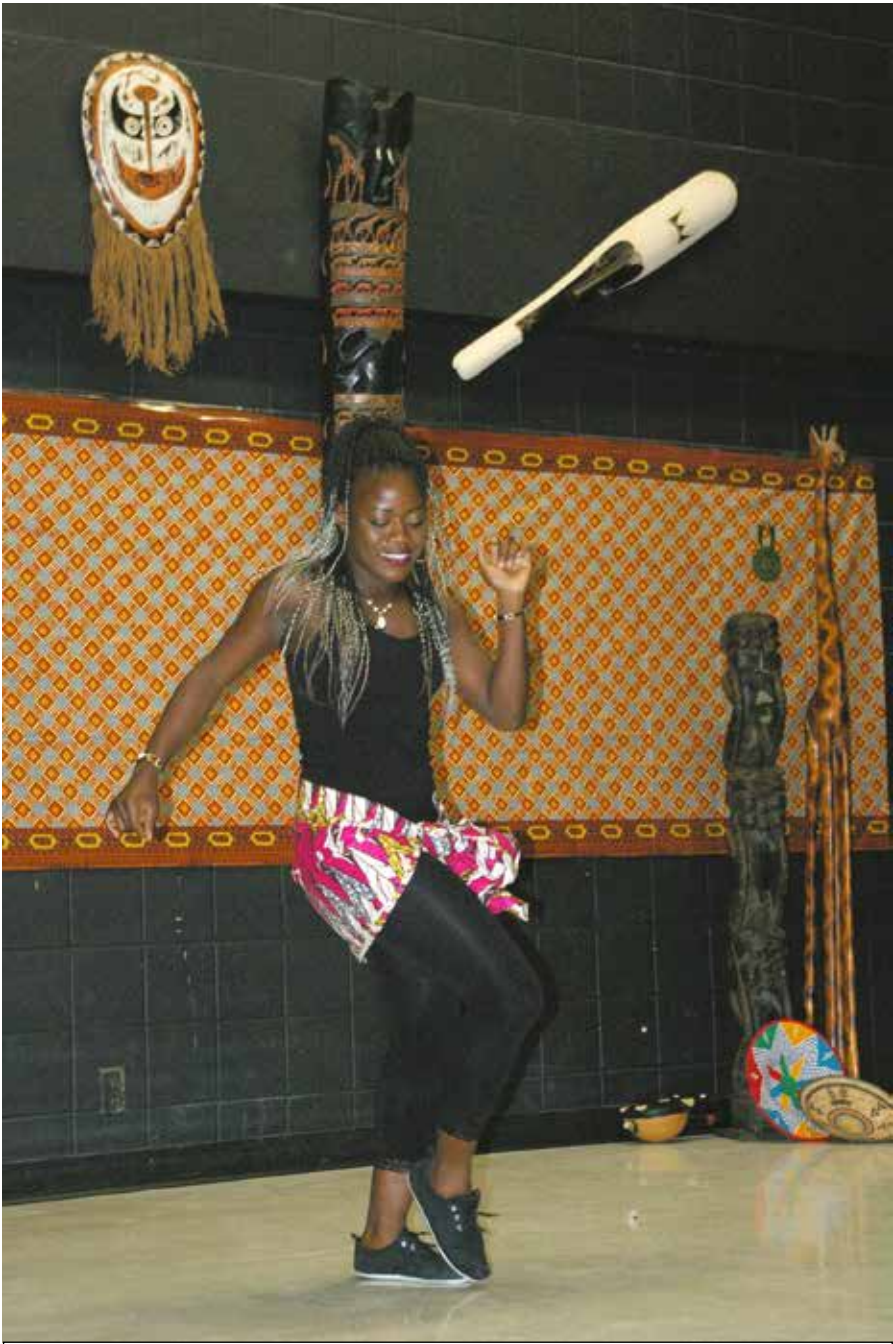
O’Chan (left) says his father Paul, one of 20,000 former Lost Boys of the Sudan is amazing
Photo credit: Bill Fairbairn



MP David McGuinty meets entertainer Emanuel Jal (right) and young fan O’Chan Galuak
Photo credit: Bill Fairbairn



With a hip-hop here and hip-hop there! Everyone was hip-hopping at St. Luke School, Ottawa, charity concert
Photo credit: Bill Fairbairn



Dancer Amira Afodjo set the stage for Jal’s appearance with her Afrobeat vibes of joy and energy
Photo credit: Bill Fairbairn

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Alda Burt and Riverview Park clean again



Isabella, Catalina and Gabriella: wonderful helpers for Lynne Bezanson
Photo credit: Alan Landsberg



Riverview Park wins with this group-Patrick, Heather Dunlop, Sarah Musavi and Alison Nanda
Photo credit: Adnan Abidi



You're in great company Councillor Cloutier with Patrick, Heather Dunlop, Adam, and Kris Nanda
Photo credit: Adnan Abidi



Riverview Park gets extra special attention from Kris Nanda, Adnan Abidi and Heather Dunlop
Photo credit: Sarah Musavi



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The Alda Burt green team
Photo credit: Alan Landsberg



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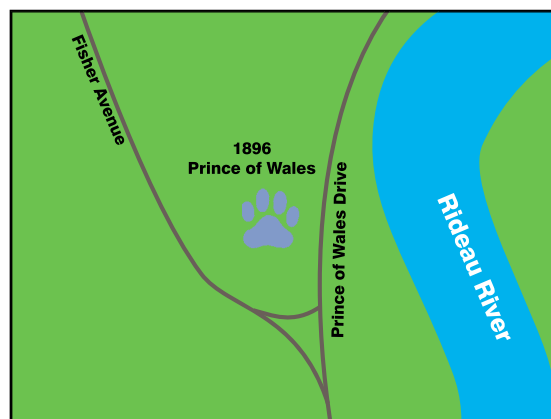
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Coronation Park cleanup helpers numbered over fifty

by Carole Moul
Yes, it was one of the best turnouts ever when over 50 enthusiastic helpers from Blair Court Community joined the Parks and Recreation Committee of the Riverview Park Community Association to make Coronation Park a great place to visit. The eager group

worked from 5 p.m. until 6 o'clock on Friday, May 1st.to ensure that Coronation Park was free of candy wrappers, cans, and other debris left lying around from the long cold fall and winter.
After a job well done, with many garbage bags filled, all of the participants enjoyed their slices of pizza

and a variety of juice drinks supplied by the Riverview Park Community Association. Numerous children commented that they had helped in the years before and really liked having their park cleaned up each spring.
This annual park cleanup over the years has resulted in hundreds of children and their families assisting the

RPCA as part of the Community Association's Adopt - a- Park Program. No doubt one of the most popular locations in Riverview Park, Coronation Park has now been made ready for another great summer of fun. Congratulations to everyone who came out to help, and a huge *thank you* to all.



Here's the great group that helped clean Coronation Park



Little Latifah was certainly a cute helper



Willow Herbert and Agnes Khoury (back) with Megan Khoury (front) working as a team



Thanks to helpers like Abdulrahman, Ahmed and Abdallah, Coronation Park is a much cleaner place to be



Janice Dahms, Parks and Rec Committee member, hard at work



Cheryl Khoury, Co-chair of the RPCA Parks & Rec Committee (R), helps Mariam and Safia get started



It's a small world! Kris Nanda, RPCA President, meets a friend again after many years



Dale Park does it again. Seventeen park cleaners helped out on May 2nd



Go team go; The great cleanup crew from the Ontario Centre of Excellence for Child and Youth Mental Health



James, Kim Lamont, President of Eastway Gardens, and Councillor Jean Cloutier- just part of the team

Ontario Health Care Update

Ontario has had an eventful few months on the health care front. Many new developments and programs have already been rolled out and I am excited about the accomplishments our government has made so far.

Before the Legislature rose for the holidays in December, the Safeguarding Health Care Integrity Act (Bill 21) was passed, which protects Ontario’s voluntary blood and plasma donor model and strengthens the oversight of medication provided to patients through hospital pharmacies.

Our government announced Ontario’s new Action Plan for Health Care - called Patients First. This plan continues to build on our commitment to put people and patients first by providing faster access to the right care and delivering better coordinated and integrated care in the community.

We are taking steps to further reduce wait times and improve access to care for Ontarians of all ages. This includes an additional \$2 million investment for 2014–15 in mental health and addictions services that will help to improve care options in the Ottawa area. We are also working to improve the quality of life for children and youth living with chronic pain by investing in the Paediatric Chronic Pain Network. And we are moving forward with our plan to allow nurse practitioners to refer patients to specialists and directly receive the specialist’s advice, strengthening continuity of care to better meet patient needs.

Our government will continue its efforts to provide patients with faster access to the right care, better home and community care, and a health care system that’s sustainable for generations to come.

Brand New Office to Serve You Better

My community office has moved to a brand new location at 1828 Bank Street. We look forward to continuing to serve you at our new location.



John Fraser
MPP Ottawa South

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Our amazing Middle East visit, April 15 to May 6, 2015

by Anna Nitoslawska and Paul Puritt

After several years of talking about it and corresponding with our friends in the region, we finally decided to visit. We spent 3 weeks in Jordan, the Occupied Territories of Palestine, and Israel. It was an amazing trip. We shouldn't have

waited so long. Our friend, Nezam, was at the airport in Amman, the capital of Jordan, to greet us. He brought with him Issam who has a Nissan. Issam was to be our driver and guide. Nezam

bought us a local sim card for our mobile phone and off we went. This won't be a travelogue but rather we'll simply highlight some of the places we visited. The first was the city of Amman itself. It has grown immensely since we were last there

(2002), and every car seemed to have at least 3 loud horns honking at every intersection. The Citadel rises high above the city with its Roman ruins amid fields of wildflowers in bloom (it was their 3 weeks of Spring). A large Roman Forum, seating almost 8,000 people, is located in the heart of the old part of the city. On week-ends, young couples and families sit on the steps of the Forum to enjoy the views.

From Amman we went to Petra driving along the King's Road, and not the major highway, in order to see the countryside and a number of fantastic sites along the way: the canyons at Wadi Mujib, the Crusaders castle at Karak, and the ancient hillside village of Dana. However, nothing matches the splendour of Petra, the capital of the Nabatean kingdom which dates back to between 2 and 3,000 years ago. One part of the site, the Siq, was featured in the Indiana Jones film, The Last Crusaders. This is the entrance to Petra, a long narrow passage way through the mountains which unexpectedly opens up to a clearing where the so-called Treasury stands, the facade of an enormous building carved into the stone. It is said that Moses struck the mountain with his rod to create the Siq (we guess he got carried away by his success with the Red Sea when leaving Egypt).

The Treasury is only the first of many "buildings" carved into these colourful rock formations. We climbed literally thousands of steps carved into the mountains to reach The Monastery, another huge façade, the High Place of Sacrifice, and the Royal Tombs. Paul's left hip will never be the same.

From Petra we drove south to Wadi Rum, Paul's favourite part of the desert (and btw, T.E. Lawrence's favourite part as well, and where Peter O'Toole rode on his camel with his new white



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Photos on next page
Continued on page 23



Samaritan Passover

Our amazing Middle East visit



Dead Sea



Dead Sea Mud



Jerash Roman Columns



Riding camels



Wadi Rum Desert



Petra - entrance to Siq



Nablus countryside



Wadi Mujib



Petra - Monastery



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Dear Fran

dearfrangardener@gmail.com

Fran's favorite annuals

I would like to share with you a very dumb thing I did at the beginning of May. I knew better, but it was a lovely day and I thought if I worked quickly nothing would happen. Boy was I wrong!

I start around one hundred tomato seedlings for family, friends and the Gloucester Horticultural Society's May plant sale. This year I had about eight different varieties. They grew well and I had transplanted about twenty seedlings indoors when the weather turned warm and I thought I could save myself some time and mess by transplanting them outside near my plastic greenhouse which my husband had kindly put up for me. I brought the remaining seedlings outside and set up to do the job. A wind came up and I thought I could work quickly and get them all into the greenhouse. WRONG!!! By the time I finished transplanting over sixty seedlings about two hours had elapsed. Just enough time to desiccate ALL those transplants. None survived. Moral: hardening off is very critical to tender seedling survival. In over forty years of starting seeds I have never had this happen to me. You can be sure that next year I will do my transplanting indoors and quickly transport the seedlings from the basement to the greenhouse.

On a more cheerful note I would like to share with you my favorite annuals.

Geraniums

Geraniums (botanically speaking *Pelargonium*) are drought tolerant, almost no pest attack them—okay maybe whitefly. They always look good and come in a wide range of colors, for hanging baskets, containers or bedding. Though full sun is best, they will do well with four to six hours of sun per day. When buying a bedding geranium I look for a well grown plant with 4-6 basal branches. For a trailing geranium, I prefer the ivy geranium with the thick leaf that has a compact flower head to the cascading type. Their colours are more interesting and they bloom continuously rather than the big flush of bloom as with the cascading type, and then a lag before the next flush of bloom.

Before planting any geranium I soak the root ball in a transplanting solution of fertilizer. During the summer I dead head as needed and fertilize roughly every two to three weeks. My geraniums

flourish in a container that receives morning sun to about 11am. I plant Lobelia 'Crystal Palace' around them which I grow from seed. They all bloom until the frost kills them or I bring the geraniums in for the winter, usually in late September.

I over-winter about six, then I move them outside in to a portable greenhouse to harden off.

Lobelia 'Crystal Palace'

The lobelia forms round mounds of intense purple blue flowers with coppery leaves. I have found over the years when I grow them from seed they perform better and last until frost, even surviving earwig damage. I also get more plants for my money.

To start Lobelia from seed and to eliminate transplanting shock, I directly sow seed into one of those flats you get when you buy 24 plants. I thinly sprinkle the tiny seeds on top of the soil, pat them gently into the soil, then water in with a light spray of water from a spray bottle. If you use a watering can you can wash the seed away. A small pinch may contain hundred of seeds. I like the contrast of scarlet geraniums and purple lobelia in my black container.

Dragon-Wing Begonia—what a plant

Dragon-Wing begonia is a cross between angel wing and wax begonias, inheriting the best of both parents. The leaves are a rich and glossy green and the abundant, arching flowers come in red or pink. One plant will grow 12-15 inches high and 15-18 inches wide. They are stunning in the shade. I plant a container at the cottage and it receives no water unless it rains or I water it when I am there. It dies with the frost. I pay about \$7/plant.

If you grow only one annual, grow this one. This plant is worth whatever you pay for it. It will grow in sun to part shade. In sun it does best with a bit of protection from the hot noon sun. I grow mine on either side of the front door with dappled light under a shade master locust tree. The other site is on the side of my house in the shade of a maple tree, no sun just bright light. Dragon wings are very forgiving. I sometimes do not water mine for 4-5 days. However, do not over water this begonia as fungal disease can develop

and it will rot. I stick my finger in the soil to test how dry it is before watering.

Impatiens

Warning! Any *Impatiens walleriana* is susceptible to the impatiens downy mildew. The incidence and distribution of this disease is across North America. There is no cure, except, to not plant *Impatiens walleriana*! The affected plant looks yellowish and all the leaves will fall off. If this happened to your Impatiens last year, to be on the safe side, do not plant any Impatiens in that soil this year as the soil has been inoculated with spores and the disease will be present for about 8 years.

All is not lost, if you love Impatiens, you just have to plant any other type of Impatiens, such as the New Guinea or SunPatiens (*I. Hawkeri*) or the new introduction 'Bounce'. All these impatiens grow in shade or some sun. In the sun protection from the hot mid day sun makes for a happier plant. They will need a lot of water especially when grown in the sun. Sunpateins have a wide color range is pink, white, red, mauve, lilac, bicolors. They are all self-cleaning, but a bit messy as the petals fall all over but hey the trade off is continuous color in the shade. 'Bounce' is a new impatiens that looks like the *Impatiens walleriana* but is mildew resistance. There is an amazing range of colours. They are new this year, expensive and being as the results of a cross, no seed is produced. The other feature is their ability to "bounce back" after missed waterings, hence the name. The flower industry is busy working on the mildew problem because it is costing them millions in lost revenue.

Salvia farinacea 'Victoria Blue'—blue salvia or mealy-cup sage

This annual is 14-30 inches high branching forming a thick clump with many flower spikes by the end of the summer and it can survive a light frost. It grows in sun or filtered light, and flourishes on lean soil with little or no fertilize. The colour range is white, white and blue, but I prefer the 'violet-blue' 'Victoria' cultivar as it is most striking.

From seed it is easy, they need light to germinate so do cover the seed. Cover sown seeds container with plastic wrap and give them bottom heat of 21-23°C. Germination is in 7-14 days. Nowadays I buy them at a nursery.

Salvia 'Victoria Blue' is great as a cut flower in a mixed bouquet of nasturtiums, cosmos and calendula.

Cosmos

A fast growing annual, originally from Mexico, that needs full sun and lean soil. They come in white, pink, mauve, orange, yellow and bicolors. The petal can be ruffled or picotee, or tubular. The height varies from 20 inches to 5 feet high and leaves are fern-like.

Nurseries usually offer the 20 inch high Sonata variety. If you want the other colors or heights you will have to start

them yourself from seed. Sow directly in the ground or start around beginning of May.

To start early, sow seed the same as Salvia, cosmos needs light to germinate. Germination is around 2 weeks depending on the temperature—warmer than 21°C germination will be quicker. Plant in full sun and deadhead as needed. They will continue to bloom whether you deadhead or not. They may reseed.

I plant cosmos in a mixed perennial border. You can also plant a row in the vegetable garden so you have lots for cut flowers. Cosmos attracts beneficial insects, butterflies and seed eating birds. It is also a great cut flower.

Scaevola aemula—Fan Flower

This Australian perennial is native to the arid regions of the South Pacific and Australia where it grows in near phosphorus free soil and therefore has a hard time dealing with our fertilizer high in phosphorus. So for the fan flower chose a fertilizer high in NK (nitrogen and potassium) and low in phosphorus and slightly acid soil so use the soilless peat moss based mixes.

This plant became popular in the 1990s and is propagated from cutting only (not seed) which makes it a bit more expensive, but worth it.

Scaevola does well in full sun or partial shade and once it starts blooming goes until frost. Do not set out too early as it is very tender. Deadheading is not necessary. It comes in blue, mauve, pink, purple and white. I grow the blue fan flower and Dragon-wing begonia in a cast iron container facing east—very nice.

Nasturtium—Tropaeolum majus

Common nasturtium is a fast growing annual with cream, red, or orange flowers. The leaves are round and bright green and as the plant matures the leaves can get quite large.

Start indoors about May first in individual pots, as nasturtium do not like transplanting. Sow seeds 5mm 1cm (1/4-1/2 inches) deep and cover, as darkness is needed for germination. Germination occurs in 7-10 days @ 15-18°C whether started early or sown directly outside.

Nasturtiums can also be planted directly in the ground about mid May after the danger of frost has passed. Soaking them in water for 24 hours before planting quickens germination. Chose a sunny or partly shady spot in your garden, poke a hole in the soil (fingers work best) and drop the large seed into the hole and cover with soil as they need darkness to germinate. Pat the soil firmly with your hand and then water. Never over water or fertilize nasturtiums or your plant will produce almost no flowers, just leaves.





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Continued on page 27

Middle East Continued from page 20

robes in the film). We spent the night in Beit Ali, an elaborate Bedouin camp site with tents, cabins, and even an outdoor pool. Driving into the red-dish desert with jagged hills on the horizon to see the sunset was breathtakingly beautiful. There were no sounds to be heard at all until we came upon a shepherd with his herd of goats. Our Bedouin guide, Ali, explained how to ride a camel and immediately we set off on a 2 hour long excursion. If the camel doesn't throw you off when he first gets up, you're good to go (as Nigel Wright might say).

At the famous Dead Sea, we floated with our arms and legs up in the air. It's impossible to sink into the extremely salty water. Anna covered herself with the Dead Sea black mud, a unique experience which makes your skin tingle after the mud has dried and you wash it off in the salty water. Paul sat on the beach.

The border crossing from Jordan to the West Bank is via the King Hussein/Allenby Bridge. It's not what you'd expect a regular border crossing to be but rather it's a frustrating succession of Jordanian and Israeli border guards checking passports, travelers getting on and off special busses through a no-man's land, and loading and off-loading baggage for various security checks. The biggest surprise and disappointment is the Jordan River itself. If you don't look quickly as you cross the bridge, you'll miss the famous Jordan River, which is maybe all of 2 meters wide. On the Israeli side, our passports were taken away and we were made to wait after we said we'd be visiting a friend in Nablus. The whole thing took us just under 6 hours – and, we were happy to have a bottle of water with us!

Our first stop in the West Bank was Jericho, which you can actually see from the Jordanian side of the river. It claims to be one of the world's oldest continuously inhabited cities but what we remember most is our introduction to "limonana", a deliciously refreshing lemonade/mint slurpie! We had many more of these lovely concoctions throughout our stay.

We were lucky to have friends hosting us, as we went to places that most travellers do not visit. We had delicious homecooked meals in our friend's house and among other things we learned that the locals drink tea for breakfast while cardamom laced coffee is considered to be a social drink to be served throughout the day. We saw the sights of Ramallah, and Nablus and many surrounding villages as well but our most fascinating experience was to meet the community of Samaritans who live on Mount Ger-

izim just outside the city. The Samaritans, a tiny community of only 800 individuals, claim to be the original Jews, having accompanied Moses from Egypt. All the other Jews in Israel, as far as they are concerned, are recent immigrants from elsewhere. They invited us to witness their annual Passover ceremony in which they rid themselves of a year's worth of guilt and sin by slaughtering 40 sheep, skinning and roasting them in 12 deep bonfire holes in the ground. According to their beliefs, the meat must be consumed before the next sunrise.

In Jerusalem, we stayed in a lovely old hotel in East Jerusalem, up the street from Damascus Gate, one of the major entrances to the Old City. Can't say we walked all the narrow streets of the Old City, but we did walk a lot. We also walked along almost the full length of the ramparts surrounding the Old City—a good way to survey the whole site. Of course we visited a number of the more famous landmarks such as the Church of the Holy Sepulchre, the Via Dolorosa, and many other shrines. At the Western Wall, there were at least 20 bar mitzvah's taking place on that day. The men and boys on one side of the plaza were singing and reading from the Torah while the women, separated by a fence, stood on chairs on the other side in order to toss candies at the bar mitzvah boy. We stood in line for 45 minutes to go up onto the Temple Mount but it was worth the wait. The Temple Mount is an incredibly spacious plaza where the famous mosques Dome of the Rock and Al Aqsa are located. Unfortunately both mosques are now closed to non-Muslims so we were unable to go inside. Still, the grandiose plaza and the beautiful old mosaics were definitely worth seeing.

We also went to Bethlehem, a half hour bus ride for us but a 1.5 hour trip for our Palestinian friend who had to go around "the wall" and through several check points. In Bethlehem, we had a unique encounter. In the courtyard of a monastery just outside the Church of the Nativity, 2 German women approached our friend who was wearing a t-shirt we had brought as a gift. "What's your connection to the International Taoist Society?" they asked, clearly having seen the writing on the t-shirt. She pointed to us and said "them" and so we explained that we're members of the Ottawa branch. The 2 women said that they're members of the Kessel branch, in Germany. It was like meeting friends. There was an immediate connection. We chatted for a while and then did part of a tai chi set together, right there in the hallway of the monastery.

Our crossing back into Jordan was a little less frustrating but we were upset about the Israelis charging us a

hefty departure tax! We had one more day in Jordan before our return flight home. As we had not yet been to the northern part of the country, we spent the day visiting several spectacular archaeological sites: the Roman ruins at Um Qais perched on a hilltop from where you can see the Golan Heights, Syria in the distance and the Sea of Galilee. Here we were continuously "mobbed" by groups of school girls who wanted to practice their English and laughingly asked us, "What's your name?", and "Where are you from?"

We visited Salah al Din's defensive castle at Ajlun and also Jerash, an enormous site of Roman ruins which goes on for the length and breadth of about 5 football fields. The light in the late afternoon made the ancient sandstone columns look translucent and shimmering.

The 3 weeks we were there went by incredibly fast. We saw so many historical sites and marvelled at how civilizations and cultures have come and gone in the past. Not once did we feel in any danger as we had been warned by concerned friends and family when they learned of our travel plans to the Middle East. And finally, before our departure from Amman, we could not resist having just a few more falafels and delicious sweet pastries!

Riverview...Then Continued from page 5

Grey Nun Building! The field between Industrial Ave. and Rolland Ave. would remain unused for several decades before the houses on Sienna Pvt. and Santa Cruz Pvt. came along.

No sign either of Maplewood Retirement Community although a path where Neighbourhood Way would later appear is visible!

Across Industrial Ave., and parallel to it, is the old Canadian National Railway line! There is no Post Office building where the CNR line would have crossed what later became Sandford Fleming Ave., and no sign of the Riviera Apartments on the other side of Riverside Dr. either

The road connecting Riverside Dr. And Alta Vista Dr. cuts through what was to become the Canadian Cancer Survivors' Park!

There are many pictures showing the Riverview Park of earlier days, and this series –"Riverview... Then"—will show many of them, in future issues!

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Computer Tips and Tricks

The most useful mobile device apps

by Malcolm and John Harding, of Compu-Home

This column is for our grown-up readers; there will not be any discussion of *Angry Birds*. Games are the most popular mobile apps by a considerable margin, but we intend to concentrate here on what we think are the most useful ones.

SKYPE

One might ask why it would be necessary to have an app for voice communication on a mobile phone, but there are times when Skype or one of the competing Voice-Over-Internet services can be very handy. To begin, you might occasionally find yourself where Internet is available, but cellular service is iffy. Perhaps you would like to make a call from a tablet that is not a cell phone. Another time that Skype becomes very helpful is when you are roaming, and want to avoid horrific long distance charges. Of course traditional Skype calling is free but many people don't realize that you can also buy small increments of credit to use with "Skypeout," for calling landlines very inexpensively. You can sit in a restaurant in France and use their wifi to call a telephone in Canada for less than 2 cents per minute. Skype

is available for all mobile Operating Systems.

EREADERAPPS

If you have an ereader app on your mobile phone, then you always have your current book or magazine in your pocket, for times when your doctor is running behind schedule, or your friend is late to meet you for lunch. If you have the same app on both a cell phone and a tablet, you can sync them so that if you pick up a device and launch the app, you are taken to the page where you left off on the other one, the last time. The most popular ereader apps, Kindle, Nook, Kobo, Sony and Next Issue, as well as the Ottawa Public Library's Overdrive and Zinio, are available for most platforms.

YOUTUBE

For people who think of YouTube as nothing but videos of cute kittens frightening big dogs this might seem like an odd choice in a list of useful apps. To those people, we suggest a closer look. For example: The next time you buy a new camera, or decide that now is the time to really learn how to use it, set aside that indecipherable manual that came with it, and look it up on YouTube. There will almost certainly

be several videos (in varying degrees of professionalism) that demonstrate very clearly all of your camera's popular functions. Another example: Last week our household saved more than \$200 by referring to several clear and explicit instructional YouTube videos showing how to install the specific model of dishwasher that was coming to our kitchen. YouTube is available for all mobile Operating Systems.

CAMERA

Learn to use the Camera app for much more than just scenery and selfies and dinner plates. In fact, it can be a very efficient notebook. Take a shot of the nearest post when you are leaving your car in the parking garage at the National Arts Centre, and save yourself 30 minutes of forlorn wandering to look for it when the performance is over. Take pictures of several items and sales tickets when you are shopping, so that you can refer back to them when you are studying and comparing them back home, to help make your buying decision. In a pinch, your Camera app can even be a quick scanner, allowing you to grab a shot of a page of a book, magazine or newspaper that can be a reminder later for further research.

FLASHLIGHT

This is more likely to be handy on your phone than a tablet, but having a flashlight always in your pocket or purse is very often an incredible convenience or safety item. Flashlight apps on modern devices are very bright, compared to their ancestors. Make sure that the icon is on the first screen, so that you don't have to fumble for it in the dark when you are trying to find that key you just dropped. This app is available for all phones or tablets.

As an added bonus, we are pleased to point out that all of the above apps are free!

Have a great summer!

Go to compu-home.com/blog for an archive of our columns (including this one) and lots more tech-related articles. There is a space right after each item for you to make comments and suggestions, and ask questions. You can even sign up for automatic updates. Have a look at compu-home.com/blog soon or call us at 613-731-5954 to share your opinions and suggest subjects for future columns. Our email address is info@compu-home.com

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- 1) all rows must contain the digits 1 to 9 only once.
- 2) all columns must contain the digits 1 to 9 only once.
- 3) each of the nine boxes must contain the digits 1 to 9 only once.

Sudoku Solution on page 26

SUDOKU

	8				1	3		
	2				6	4	5	8
4				3				
		7			8		4	2
			3		7			
5	4		9			7		
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1	9	3	6				7	
		2	1				9	

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Lost boys of Sudan

Continued from page 15

administrators had for years dominated the South Sudanese people to the extent some northerners referred to black southerners as *abed*-Arabic for slaves-and opposed southern independence.

The escape by 10,000 boys to Ethiopia was reversed by a return to Sudan but Paul knew back in the fields that the rebel army had plans to enlist them when they were older. "I was for a time in the front line fighting against the northern Arab army. Then I was lucky to be selected by the rebel army to be among 10 boys to travel to safety in Kenya."

"Amazing man"

Paul told his story sitting beside his son, O'Chan, in his son's St Luke's Catholic School in east-end Ottawa. "You can see my father is an amazing man," said his son.

Paul lived in Nairobi for eight years and attended high school there. From Kenya he applied for refugee status and with a minority chose Canada as destination unlike the many taken in by America. He started studies at University of Calgary, where he lived for 11 years, met and married his wife Rebecca,

and continued studies for a Bachelor of Commerce degree at Rhodes University in Victoria. After graduation, Paul moved to Toronto through a Calvary Church family sponsorship and then to Ottawa. Rebecca and Paul now have a family of a boy and two girls. When Paul landed his present job, Rebecca gave up her cleaning work to improve her education.

Paul was a moving force behind a concert at St. Luke's School in May to raise funds towards the \$87,000 needed to improve the out-door Pagak International School for 300 orphans in South Sudan by giving them a roofed building.

Addressing the St. Luc's hall full of children before the concert, MP David McGinty emphasised the meaningful target of the concert. He said that in earlier years he worked for three years in the United Nations Children's Fund's (UNICEF's) international relations office in Ivory Coast and visited 25 countries.

Paul Galuak brought to St. Luc's from Toronto hip-hop star Emmanuel Jal, whose music has been enjoyed by many nations. Jal's early life in Sudan is even darker than Paul's. Conscripted into the South Sudanese rebel army at age seven he, too, escaped with 400 fellow

lost boys of whom 16 survived. The rest succumbed to starvation, ambush and animal attack. Rather than resort to cannibalism, Jal ate snails and vultures until he was rescued and adopted by British aid worker Emma McCune. He was later sent to England.

Hope and love

Jal's lyrics at the concert told moving and disturbing stories that he wrapped in hope and love. The school hall full of children imitated his every dance step.

He is active in charity work across Africa, fighting poverty and child warfare. *War Child*, his biography, was released in 2009 along with a documentary film. Critics say Jal's narrative flows between darkness and light: terror that befell his family and kinsmen, horrors he inflicted on others and finally a desire to set things right.

What is going wrong in Sudan bedevils students of Africa. South Sudan author Peter Angara Dut, who wrote a book *New Sudan Nation 2011*, writes: "The Southern Sudan black Africans, who originated the name Sudan, were the first nation to own land in Sudan. They had been living there before Arab traders came in the 18th century. The Arab traders had come down the Nile River without women so

they lived with the original African population and intermarried. Africans consider the offspring as children of their daughters and believe that they look like black Africans. Arabs in the north claim to be pure Arab. I would agree with them if they claimed to be African rather than Arab."

"Although these Arabs bleach their skin, the original dark skin remains as a sign of our African black skin. There is no way they can deny Africanization. They have remained African and not Arab as they think they are."

Dut concludes that Anglo-Egyptian rulers hijacked Sudan from 1889 until 1956 when Sudan's independence brought civil war between north and south without agreement on unity among the Sudanese themselves. Meanwhile a United Nations estimate puts at two million the number of South Sudanese who have fled a civil war now raging in South Sudan. The outbreak was in Juba Province in 2013 after mass killings. Neighbouring country forces especially those of Uganda are helping President Salva Kiir against the Nuer people leader and former South Sudan Vice-President Riek Machar.

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The Ottawa Hospital Community Advisory Committee

Implementation of Cancer Care Ontario's
Aboriginal Cancer Strategy

by Helen McGurrian
Background

"Aboriginal" people are the original inhabitants of Canada and include First Nations, Inuit, and Metis people. "First Nations" is used to replace the terms "Indians" or "bands". "Inuit" are Aboriginal people primarily from Northern Canada, such as Nunavut, NWT, Northern Quebec and Labrador. Though there are no Inuit communities in Ontario, an increasingly large number of Inuit people reside in Ottawa mainly for health care. "Metis" people are of mixed First Nations and European ancestry. In Ontario, there are 301,430 Aboriginal people. Cancer rates (breast, lung, colorectal and prostate) in the FNIM populations are rising faster, and diagnosed at later stages resulting in worse survival rates than in the general population. Canada's history and treatment of FNIM peoples has shaped current day relationships.

Therefore it was important for Cancer Care Ontario to work directly with the FNIM peoples and their leadership to build trust and a true partnership in developing an Aboriginal Cancer Strategy.

**Welcome Verna Stevens,
Champlain Aboriginal Patient
Navigator for The Ottawa
Hospital Regional Cancer
Program**

Verna Stevens, Champlain Aboriginal Patient Navigator, will provide support for FNIM patients with cancer and their families along every step of the way – both for cancer screening and treatment, including chemo, surgery, radiation, oncology drug therapy (as an out-patient), coordination of care, and palliative care. Most importantly, Verna will coordinate access to an Elder or Traditional Healer. Verna will assist patients in filling out forms to access oncology drugs, or other

benefits when issues arise. Oftentimes, health care and non-insured benefits (e.g travel/lodging costs) come under different jurisdictions and the rules may be confusing or unknown to the patient and family, so Verna's role is to advocate and/or appeal for benefit coverage or cancer treatments as required. Verna will continue working in partnership with the Eastern Ontario FNIM Health Programs and Services to help make the Ontario cancer system work better for the FNIM people.

Equally important will be Verna's role in creating awareness in Cancer Centre staff on the cultural and historical backgrounds of FNIM peoples to foster more understanding and respect, and more trust in the medical system. The Auditor General of Canada recently stated that FNIM health care is substandard. While he may have been referring to isolated communities, his comments could

just as well apply to some incidents that have occurred in Emergency Departments of large cities.

Adjacent to Verna's office is the Windôcàge Community Room, a cultural meeting room designed to be a place of comfort and calm for FNIM patients and families. Here patients and families can watch videos and hear cancer patients speak of their cancer experience. Hearing from one of their own, in their own language, provides hope to those taking their first step in that journey. Windôcàge is an Algonquin word that means to "lend a hand". It reminds us all to help our loved ones and be with them on their cancer journey. Verna Stevens can be contacted by email at vstevens@toh.on.ca or by phone at 613-447-6790.

You can contact me at hbmcgurrian@gmail.com or at 613-521-0241.



iPad ordering
Continued from page 14

beer or the house wine – including prices.

When pressing on the themes with the food items, for example fried rice, the customer by scrolling to the right on the screen will display photos of all the varieties of fried rice available from 168 Sushi- such as chicken fried rice, Japanese fried rice, or the Spicy Thai Chicken Fried Rice. Choose one, then tap the screen and a larger photo will appear which most often notes the included ingredients.

Among the other themes are sushi and sashimi.

As with any change, a restaurant owner is always looking for ways to help make the flow of service go more smoothly for the customer. Restaurants with regular menus usually keep these stacked for distribution. At the St. Laurent 168 Sushi, John Ke designed a holder for storing the iPad tablets. Screens are wiped off with a cleaner before being stored, and then the tablets are placed vertically and ready for the next customer.

Most of the ordering process is channelled through a main terminal at the counter, and servers and

the manager continually check for updates to ensure good service. Not to worry however, since the servers remain an important part of the positive dining experience at 168 Sushi, and are readily available to help make the dining experience the best it can be.

168 Sushi is located at 1760 St. Laurent Blvd. (Between Smyth Road and Innes) Telephone: 613-523-1680. Open 7 days a week + holidays.

Why not turn your next time eating out into an exciting new adventure?

SUDOKU

4	6	8	3	5	1	2	9	7
5	7	2	4	8	9	3	6	1
1	3	9	6	7	2	4	5	8
3	1	7	2	9	6	8	4	5
9	8	5	7	4	3	6	1	2
2	4	6	8	1	5	7	3	9
6	2	1	5	3	8	9	7	4
8	5	4	9	6	7	1	2	3
7	9	3	1	2	4	5	8	6

Sudoku on page 24

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Bob Jamieson Financial Planner

Give Your Portfolio a “Spring Cleaning”

by Bob Jamieson, CFP

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Springtime has arrived. If you're like many people, the arrival of spring means it's time to spruce up your home and property. But why stop there? This year, consider applying some of those same spring-cleaning techniques to your investment portfolio.

Here are some ideas you may want to put to work:

Get rid of clutter. You probably don't have to look too far around your home to find things that are broken or simply no longer useful to you. If you poke around your portfolio, you might make similar discoveries: an investment that has chronically

underperformed, duplicates another investment, or met your needs in the past but is less relevant to your current situation and goals. Once you identify these types of investments, you may decide to sell them and use the proceeds to take advantage of opportunities that may prove more valuable to you.

Consolidate. Over the years, you may have accumulated multiple versions of common household items — brooms, mops, hammers — which pop up mysteriously in various parts of your home. You might find it more efficient, and even less expensive, if you consolidated all these things in one centralized location. As an investor, you also might find that consolidation can offer you some benefits. Do you have one Registered Retirement Savings Plan (RRSP) with one financial services

provider and a second RRSP with another? Have you scattered investments here, there and everywhere? By consolidating all these accounts in one place, you can cut down on paperwork, reduce fees and, most importantly, unite your investment dollars so that it's easier for you to see what you have and then follow a single, coherent investment strategy.

Prepare for turbulent weather. As you know, springtime can bring heavy rains, hail, strong winds and other threats to your home. As part of your overall spring cleaning, you may want to check the condition of your roof, clear branches away from your house, clean your gutters and downspouts, and take other steps to protect your property from the ravages of Mother Nature. And just as you need to safeguard your home, you'll want to protect the lifestyles of those who live in that home — namely, your family. You can help accomplish this by reviewing your life and disability insurance to make sure it's still sufficient for your needs.

Get professional help. You may find that you can't do all your spring cleaning by yourself. For example, if your carpets and rugs are heavily soiled, you may need to call in a professional cleaner. Or if your tree branches have grown out of control, you might need to bring in a tree trimmer. Similarly, when you decide to “tidy up” your portfolio, you'll need some assistance from a financial professional — someone who can study your current mix of investments and recommend changes, as needed, to help ensure your holdings are suitable for your risk tolerance, time horizon and short- and long-term goals.

Spring cleaning can reinvigorate your home and your overall outlook. And by tidying up your investment portfolio, you can help gain some of that same optimism — for your future. If you would like another perspective, please give me a call at 526-3030 to talk, or to set up a complimentary meeting.

Dear Fran

Continued from page 22

All parts of nasturtium are edible. The flowers and leaves add colour and a peppery taste to salads. The seeds are round and look like peas when young, but as they get mature they turn brown. The green seeds can be pickled and replaces caper in recipes. Collect seed for next year and store in a paper envelope.

Calendula—Pot Marigold

The Romans named this plant which is derived from the Latin word for calendar, because it bloomed in every month of their calendar year. For us, calendula blooms from June or July to frost depending on whether it was direct seeded into the garden in spring or started early indoors. To start indoors, sow the seed in pots in early May. Germination is in 10-14 days at 21°C. Being a late season flower, the colors are orange, apricot, yellow and cream with single or double petals. They grow 12-18 inches tall with the same spread. Plant calendula in sun to partial shade. They may reseed themselves. Calendula can be used in containers, as bedding plants and as a cut flower. They are edible and add color to salads.

Torenia fournieri—Wishbone or Monkey Flower

The wishbone flower resembles a snapdragon. The flower is designed for bees to land on the petal which then causes the anther to shake pollen on to the bee. The bee then goes to another plant and the process is repeated—both get what they want.

Torenia should be started indoors in March to be blooming by Victoria weekend. The germinating conditions are the same as salvia and cosmos. The

color range is blue, pinks, mauve and a new break through yellow with purple eye.

Torenia grows well in partial to deep shade. It is only about 6 inches high and can spread up to 30 inches, because when a leaf node lands on the soil it puts down roots.

Use Torenia in containers, edging beds, hanging basket. Look for young plants as old plants can have broken branches and will take longer to flower. Keep soil moist but not wet. Torenia attracts hummingbirds—a bonus. I grow Torenia in the morning sun with Dragon wing begonias.

All annuals need a steady supply of nutrients to flower continuously. So remember to fertilize them every few weeks. In my containers I use the soil-less mixture containing the moisture retaining crystals which means I only have to water every 3-4 days.

I hope you can use this information when choosing annuals for your uses. Happy gardening.

If you have any questions or problems call or email Master Gardeners of Ottawa-Carleton (MGOC):

Phone Help Line: 613-236-0034, Wednesday and Thursday only, 1-3pm. Year round.

Email Help Line: mgoc_helpline@yahoo.ca

Information about all of MGOC activities, visit the MGOC website: <http://mgottawa.mgoi.ca>

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Man with a mission to own an art gallery

by Carole Moul

When Patrick Ho came to Canada from Hong Kong in 1997, he did not bring with him any of the tools of the trade of an artist. Anyone knowing Patrick would be somewhat surprised by this statement since the artwork he does today is quite amazing.

In fact, as a teenager Patrick did not have any interest in art at all but was very involved with the usual teenage activities of Tae Kwon Do and Chinese Kung Fu. He still practices Kung Fu every morning for at least an hour, and among his prized possessions is the Gold Medal from Tae Kwon Do that he earned in Hong Kong when he was about 15, and just before he came to Canada. And, on a shelf and wall carefully displayed are the weapons one uses in Chinese Kung Fu.

Now, fast-forward almost 20 years later and Patrick teaches art at the Chinese School held at the Adult High School on Rochester Street. He also provides private and small group art lessons, and has over 140 pieces of wonderful artwork on the walls of his family home in the south end of Ottawa. This artwork, he notes he does after returning home from work at 168 Sushi, plus there are the hours he spends on weekends doing something that he truly enjoys. A number of the books he has on art have been sent from Hong Kong.

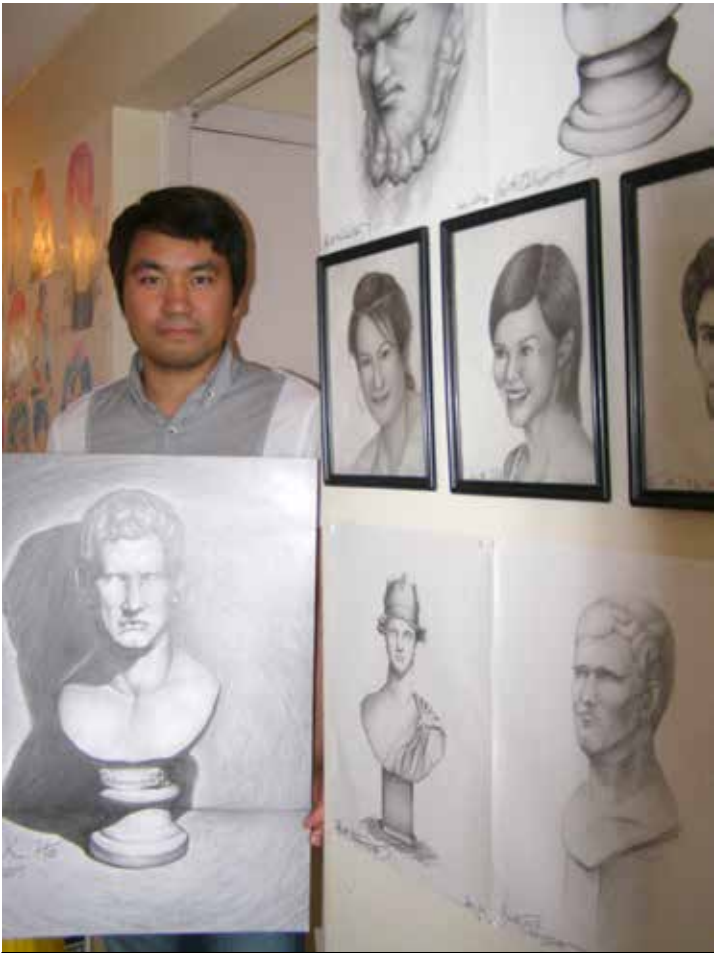
“When I came to Canada I didn’t speak English. I began looking at things that would be interesting that I could do. Then I had a girl friend and I wanted to learn how to draw her face. I picked up Chinese newspapers from Somerset Street in China Town to get ideas on how to draw and so I started with faces. Articles or photos about Patrick can now be found in some of these same Chinese papers.

“First I tried shading with a regular HB pencil, then 2B, then 4B, then I tried water colours, landscapes, still life, cartoons and comics. Next I began using markers and got into quick drawings, but my favourites are peoples’ faces.”

In the family room on a worktable, along with various artist supplies, there are a number of blueprint-like exceptionally detailed drawings of a clever shopping mall idea plus dream hotel, and in another room on a very full shelf is an amazing collection of examples of origami that Patrick has created, including a complete Chinese Chess game.



Chinese Chess- origami style



Artist Patrick Ho makes magic with a pencil



Amazing animation



Martial arts equipment displayed below a gold medal



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Continued on page 35

Vincent Massey Public School

VM celebrates Five Days for Freedom

From April 27th to May 1st, Vincent Massey’s student leaders led the school in a the FIVE DAYS FOR FREEDOM. The five days were based on the five pillars of a healthy and sustainable community: access to clean water; education; health; food security; and an ability to make an income. All year, the student leaders have been researching these issues, creating posters, speaking to and educating all of our classes about the issues, and designing a workshop activity for a school-wide event.

On Monday, thirty leaders spoke to classes from grades 1-8 about the week and the issues that affect so many children in the global



Student leaders lead younger children through an Income Sustainability workshop
Photo credit: V. Biro



Families enjoying the M-C Feast and each other
Photo credit: K. Sioufi

south and in parts of Canada. On Tuesday, the whole school, except the kindergartners, took a vow of silence (in varying degrees) to honour those children who do not have a voice, and cannot speak out for their rights. On Wednesday, a very enthusiastic grade 5/6 class held a really successful bake sale for all divisions, with all proceeds going to the Free the Children “Adopt-A-Village” program. Thursday was our big day – hosting 600 VM’ers through 6 workshop activities outside. The workshops included a water relay, a bead-stringing workshop; “disease tag”; an education quiz game; a food security relay; and “Right to Play” social justice games. Weather and the cooperation of the students was on our side – it was a terrific day. On Friday, a grade 8 class catered and hosted a Feast or Famine lunch where 30 staff paid for the opportunity to either feast on a variety of foods or experience famine, a small bowl of rice and a glass of water.

We all learned so much – how to

organize, what others live in and through, and how we can come together as a community for a common cause. Thank you, VM!
Ms Swail and Ms Eichel, Teachers

We Day – April 1, 2015

We Day is an inspirational celebration for young minds aspiring to make a change and for people who have changed their world and community with determination and care. We Day is the movement of our time, empowering a generation of youth through an inspirational event and a year-long educational initiative which offers curricular resources, campaigns and materials to help turn the day’s inspiration into active change.

This year the leadership group was lucky enough to be invited to attend We Day. Nineteen kids went to the Canadian Tire Centre to enjoy a fun day that spark a year of social change. At this We Day (We Day 2015) we had the plea-

Continued on next page

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New Art at V.M.: One world, One family
Photo credit: A. Smith

Vincent Massey Public School

From previous page

sure to hear from amazing, inspirational speakers like Marlee Matlin, the American ambassador, Bruce Heyman, Amanda Lindhout, Mia Farrow and more! We also had the pleasure to hear some great musicians like JRDN, Andee, and Scott Helman. I think I speak for all 19 kids when I say that it was an inspirational and moving time for everyone there. We learned a lot,

we got inspired and we left with the desire to make a change in our world.

Submitted by H. Fisher, Grade 7
Vincent Massey's Multicultural Dinner

On Tuesday May 5th, we celebrated Vincent Massey's cultural diversity through our annual "Multicultural Dinner, Art and Fashion Show."

The event began at 4:30p.m with the art show. Students and teachers had prepared some won-



Mr. McKean's Grade 8 SOLE class and Mayor Jim Watson
Photo credit: Mayor's office



V.M. Piano Players?
Photo credit: Heather Swail

derful works of art, which lined the walls of the first floor and the two gyms. At 5:00 p.m everyone was invited to take a trip around the world! Families shared their favourite traditional main courses and many different, flavourful dishes were enjoyed.

The fashion show is a highlight of the evening and the students enjoyed participating. This year there were 34 models, wearing traditional outfits from their country of origin, or an outfit worn for a spe-

cial occasion. After many weeks of practise, they modelled the outfit and performed a dance routine to "Danza Koduro" by Don Omar. At the end of the performance even the audience were on their feet dancing and singing.

We truly celebrated an evening of friendship, music, art and food from around the world! However, this event would not be possible without the support from the

Continued on page 54



Member of Parliament | Député

David McGuinty

Ottawa South | d'Ottawa–Sud



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If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

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Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

David McGuinty, MP | Député

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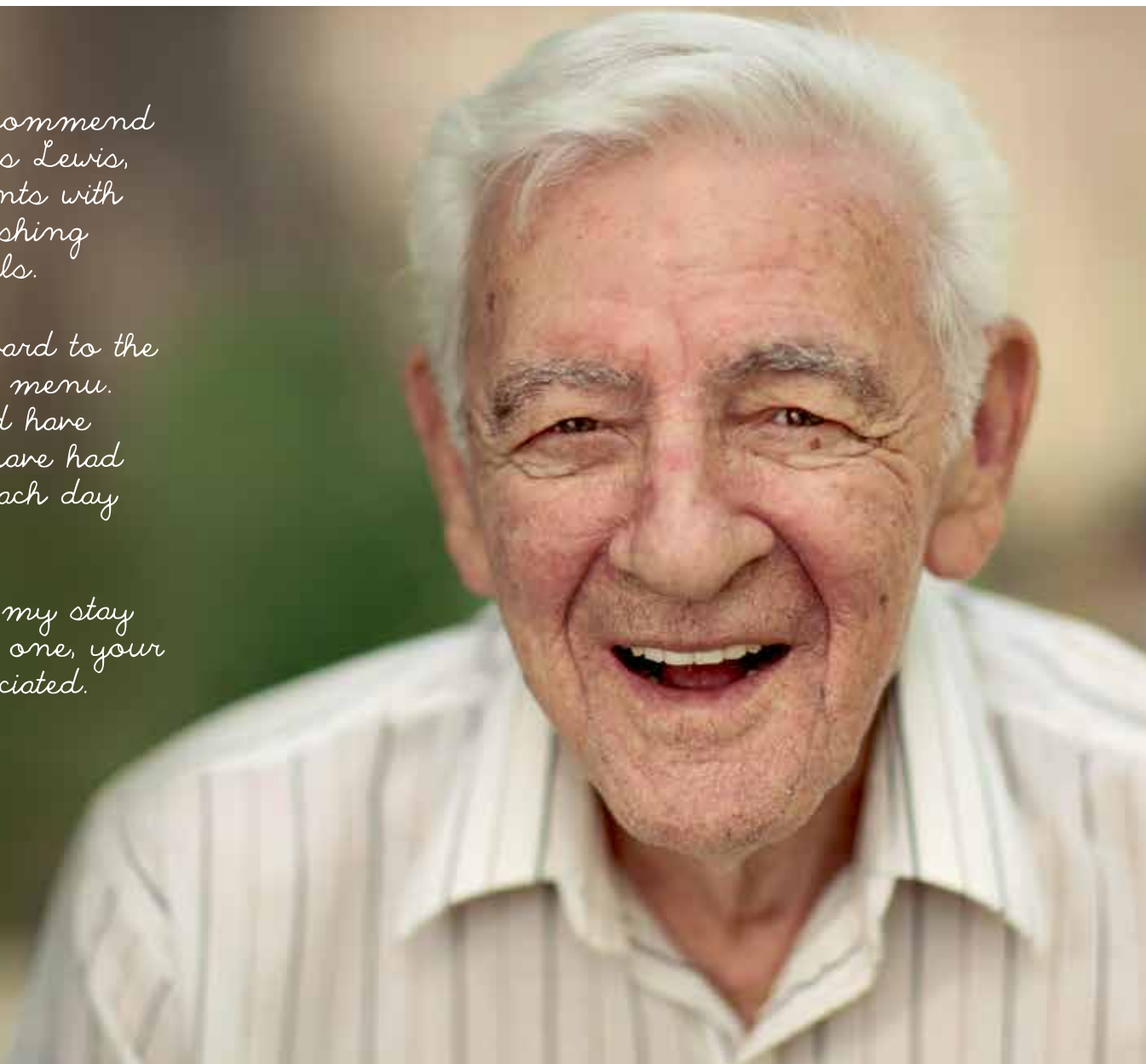
*"I would like to highly commend
your executive chef, Chris Lewis,
for providing the residents with
high caliber, tasty, nourishing
and well presented meals.*

*Each day I looked forward to the
variety of meals on the menu.
If my short stay would have
gone longer, I would have had
to spend a portion of each day
in your exercise room.*

*Thank you for making my stay
with you such a positive one, your
efforts were much appreciated.*

*Sincerely,
Duncan*

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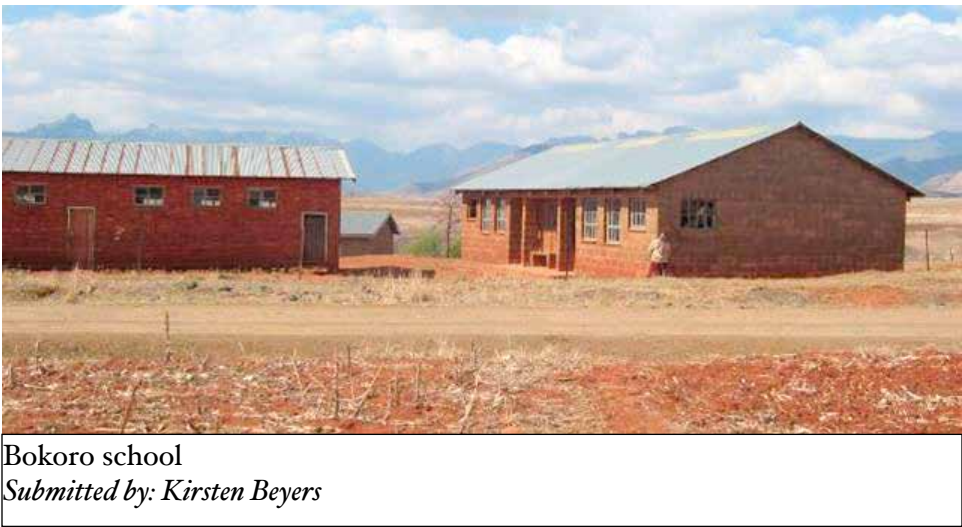
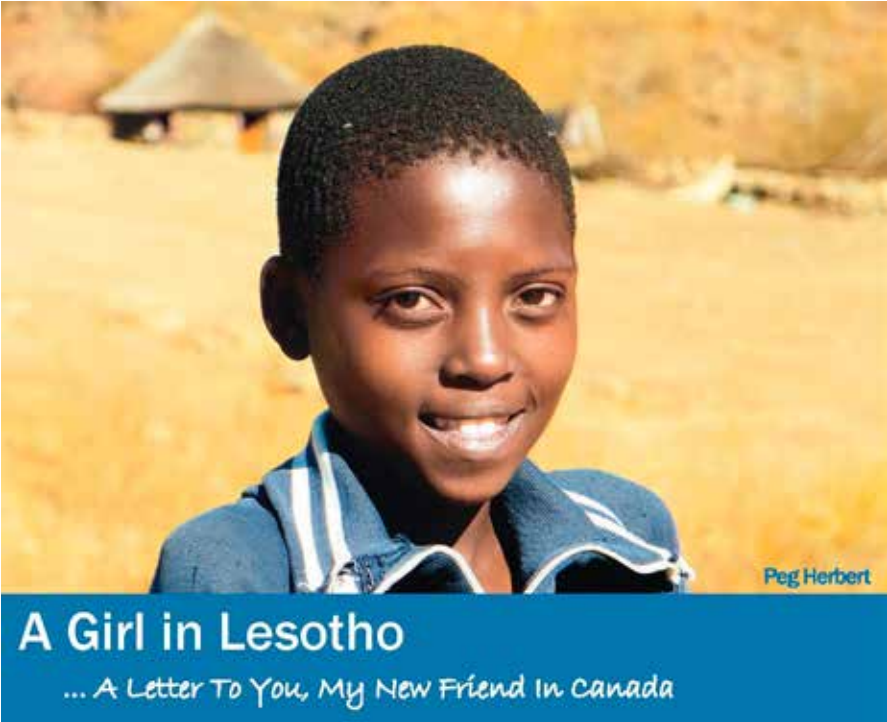
by Aidan Wilson,
grade 4 student at Riverview
Alternative School, OCDSB

Dr. Peg Herbert founded Help Lesotho in 2004 after a Basotho friend told her of the miseries ravaging Lesotho. Peg focuses on two main problems in Lesotho: HIV/AIDS and gender inequity.

The Kingdom of Lesotho is a mountainous, landlocked country surrounded by South Africa with just over 2,074,000 inhabitants.

Help Lesotho is celebrating its tenth anniversary and has accomplished much in these ten years.

Continued on page 37



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Sophia Nails Spa state of the art for fingers and toes

by Carole Moul

When the manager of *Sophia Nails Spa* at 5-1571 Alta Vista Drive first came to Canada from Viet Nam in 2008 she was able to get a job right away providing manicures and pedicures to the many clients of an established business. She had done ‘mani-pedis’, as they are universally called, with a friend in a small shop in Viet Nam, and was ready to do the same kind of work in her new country.

Imagine to her surprise then, when she discovered just how different this service would be.

The first thing that Teena noticed was the difference in size and space of the spa. In Viet Nam, manicures and pedicures are often carried out in the market place or at best in very small shops, where rows of chairs sit along side of each other for the customers. Also in Viet Nam, the mani-pedi costs about \$2.00 per customer.

Needless to say, not only was the price quite different, but the level of service as well. And where *Sophia Nails Spa* has ‘state of the art’ equipment at the newly opened shop, back in Viet Nam the sum total of what was required was a dishpan filled with water for the pedicure, a small plastic bowl of water for the manicure, and a few colour choices for the nail polish.

Sophia Nails Spa officially opened on Wednesday, February 4th of this year.

Many of the stores had been closed at the Alta Vista Shopping Centre for a number of years, however many of the spa’s customers are now thinking that having such a beautiful new business such as this in our community was well worth the wait.

The décor has been carefully chosen with comfort in mind and the massage chairs are a bonus for those who appreciate a little extra pampering. The

Continued on page 35



Does this photo count as a selfie for Marian O'Connor and Joan Brazeau?



Over 200 colours. Wow



Ottawa U student, Jessica Cobus, enjoying the Sophia Nails Spa experience



5-1571 Alta Vista Drive



Usually these massage chairs are pretty busy



Rosemary Brazeau and her sister Joan Brazeau of the Three Sisters Bake Shop sharing a bit of down time





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From previous page

quick drying fans and lights ensure that your new polish does not become easily smudged, while a warming cupboard provides just the right heat for the damp towels that will eventually cover your tired feet. And just in case you are extremely selective when choosing your nail polish, this wonderful new nail spa has over 200 colours.

"This is my second time here," noted Riverview Park resident Marian O'Connor. "I used to go outside the neighbourhood, but I was absolutely delighted when the sign went up in January, since I like to support neighbourhood businesses."

"The first time when I was walking by I just popped in and Teena could do the manicure-pedicure right away. After a long hard winter hibernating in heavy socks and boots my feet were in dire need of help," she added. Since then Marian has returned and enjoyed each visit.

Now there are many other happy people who have already had the exceptional care of Teena and her staff, not only for nails but also for body waxing and paraffin. One customer was singing the praises of a business that would open early to accommodate her long-weekend plans, while another was pleased to be able to visit from her nearby office during lunch break and return to work with refinished nails for the afternoon.

This is Teena's first time as manager, although she has had ten years of experience in total, and is obviously an expert in what she does.

Wonderful (but not quite as humorous) testimonials such as the following from local resident Lynne Bezanson are being echoed more frequently now, as both men and women come to appreciate the value of the kind of good foot care that can be found at *Sophia Nails Spa*.

"Having had possibly four pedicures in my life, I claim no expertise, but my indulgence at *Sophia Nails Spa* exceeded by far my pedicure life experience. My feet were totally pampered—including a steaming hot towel—a first for me and wonderfully soothing and decadent! For two days I looked incessantly at my toes and wore sandals only, weather notwithstanding. The next week my engineer husband (Alan Landsberg) went—first time ever—he also had the highest praise. I will not do my own toes again; my husband...on vais voir! We both highly recommend you try it. Reasonably priced for sure, excellent service, truly professional and overall simply "toerific"! (sorry—could not resist)"

Knowing that healthy feet are important for a healthy body, aren't we all indeed fortunate to have such a well thought out and relaxing venue in our midst?

Well done Teena for all of the long days and hard work that you and your staff provide. We all wish you prosperity for *Sophia Nails Spa*.

Patrick Ho artist
Continued from page 29

Along with teaching art, and as part of the classes that he has taught over the past nine years, Patrick Ho has also instructed young people from the ages of about 6-10 in the skills of both Japanese Origami paper folding techniques as well as the useful strategies of playing Chinese Chess. At home he will take on his father in this traditional game. He admits that he is usually the winner of the two—although it was originally his father who taught him the game many years ago.

A great influence on Patrick's artistic life has been the work of local artist and sculptor Ben Yeung, whom Patrick met about ten years ago.



"Mr. Yeung is now retired, but about a year ago he came to my house and started teaching me on how to improve my drawings such as angles and shading, and how to improve yourself, your art and your person," commented Patrick recently.

"Never give up," Mr. Yeung would say.

Looking over the past Patrick would like to thank his father, Kee Hoi, Ho, his friends, and Jesus who gave him the talent.

Looking toward to the future Patrick would like to have his own art gallery some day. He knows that he can put his God-given talent to good use, and remains focused and committed on being the best he can be.

Thank you for sharing this motivating story, Patrick Ho. We wish you all the best in your endeavours.

You'd be surprised at what
Driving Miss Daisy can do for you

by Carole Moulton

When Robin Bourke started her *Driving Miss Daisy* business in February of 2014, little did she know of the important niche in Ottawa just waiting to be filled by grateful people of all ages. Now, a little over a year and many clients later, she has come to discover just what services she is actually able to provide.

Initially, when Robin received calls or e-mails from either family members or those wishing her services, the requests centered around drives to medical and dental appointments; but not so anymore. Now it is not at all unusual to take people to the airport, help them with the whole airport experience, and then be on hand to pick them up upon their return. The same goes for Via Rail or the Greyhound Bus Station.

"One lady's daughter actually got in touch with me because her mother wanted to cancel her trip to come visit because she was nervous of the whole procedure at the airport. Just getting the suitcase packed and out of the house was a daunting task for this 87 year old lady. I was able to be with her mother right to the boarding gate, picked her up upon her return, shovelled a path to her house because of newly fallen snow, and then checked the inside of her place to make certain that everything was okay."

"I had gone over the night before departure to help the lady pack using the daughter's check list. Later she thanked me because her mother is no longer frightened to make the trip alone."

"It's all about getting you where you need to go."

Clients who originally made requests for doctor or dentist appointments are now using *Driving Miss Daisy* to attend social events such as at the church, their grandchildren's school concerts, bridge or euchre and even exercise classes. A regular client, living in a retirement residence, invited 2 ladies to join her for a drive up to Old Chelsea. Now they all use the service both as a group and individually.

For those who attend programs or appointments, such as at the Good Companions Centre, Perley Rideau or Abbotsford House, Robin makes certain that she is available for both pickup and delivery at the required time. The same goes for any other appointment, where Robin will walk the

client right to the receptionist's desk, and then check the time when she needs to return. Grocery shopping and errands can be covered on the same trip or a time set up for a different day. And, as anyone who has travelled with Robin knows, the service isn't just about accompaniment, but she is able to provide the companionship that many alternate ways of transportation just can't do.

"Clients love the fact that I will run into the store for personal items or help them with simple tasks that they can no longer do on their own," Robin commented recently.

A trip to the veterinarians isn't that unusual, nor is dropping off dry cleaning, or even taking things in for jewellery repair. What was somewhat unusual however happened just before last Christmas. It was a request from a regular customer who needed help with her Christmas shopping.

"I was the same size as her daughter, so I was asked to try on dresses in order to have the mother's gift to her daughter fit properly," Robin added humorously.

It is very obvious from speaking with Robin that she loves her job. Her business quickly became a very busy one, especially over the winter, and thus the need was seen to expand. Robin continues to provide her service to the more central and south parts of Ottawa, while two others now cover the west and east ends of the city.

"Having 3 vehicles on the road means we can help more people get out and about."

On the corporate logo the company also makes reference to Seniors' Services, however this definitely does not tell the whole story about *Driving Miss Daisy*.

Recently one mother heard about this safe and reliable transportation service. Currently her young autistic son goes to a special program twice weekly, soon to double in the summer. The mother reached out to Robin as to whether it was possible for her to help, and now the little fellow is probably *Driving Miss Daisy's* youngest passenger.

There are endless possibilities as to how *Driving Miss Daisy* can help bring you and your family peace of mind as well. Others have added Robin Bourke to their list of important names to keep. She and her vehicle are only a phone call or e-mail away and can be reached at 613-796-2285 or

robin@drivingmissdaisy.net

COMMUNITY BULLETIN BOARD

COMMUNITY BULLETIN BOARD

Emmanuel United Church, 691 Smyth Road, Ottawa, 613-733-0437.

Body and Soul, Jesus Jazz and Wisdom: An evening with Peter Woods, Saxophone; Moderator Gary Paterson; and Brian Browne, Piano. Friday, June 12 at 7:30 pm Emmanuel United Church will host a unique music and inspirational evening with three poet/ musicians. This event will take place in the sanctuary in the soft light of a June evening. There will be two sets with an intermission. Refreshments will be available. Tickets are \$20. for adults and \$10. for students/low income. Tickets can be obtained from the Church.

Camp Awesome is an awesome opportunity to make crafts, sing, dance and play and learn our faith stories. Emmanuel will host Camp Awesome from July 6-10, 2015. Friends, neighbours, grandchildren- everyone is welcome. The camp runs from 10 am until 3 pm for a one- week period in July. We will have pre and post -camp care from 8:15 am until 5:30 each day. Forms are available for all children age 4-12.

End-of- summer Barbeque Dinner at the Church including fresh corn on the cob. When: Monday, August 31st, at 5:30 p.m.(after the Golf Tournament at Pineview.), Where: at the church, Cost: BBQ dinner is \$15.00 per person/\$8.00 (under 12) Tickets for the BBQ dinner are available from the office during the week. There will be a Live Auction, Door Prizes & Music. Deadline for sign-up is August 16, 2015. Proceeds to the Revitalization Fund.

Alta Vista Baptist Church Exalting Christ and Loving People, Sunday Worship Service 11:00am; Sunday School/Bible Classes 9:30am for all; Youth meet Friday evening 7:30pm; **887 Canterbury Avenue;**

1. Come celebrate Canada Day with us in our parking lot..... games, food, dunk tank, face painting etc.
2. Kamp Agapae Day Camps August 10-14; 17-21 for children who have completed grades K-6 as of 2014-2015 school year. Early bird registration \$100/ Kamper - Contact Pastor Greg 613-733-7207 ex. 233 or gmccallum@altavistabaptist.org

St. AIDAN'S SPRING TEA. Saturday, June 20th from 2 to 4pm. Please join us for an afternoon of fellowship. Tickets are \$12 and will be available at the door and from the church office. St. Aidan's Anglican Church is located at 934 Hamlet Road (behind Elm-vale Shopping Centre). 613-733-0102 staidans@bellnet.ca.

Help Us Make A Difference – Friends of the Farm need new volunteer gardeners in the Ornamental Gardens, Arboretum and Merivale Shelterbelt every morning, Monday through Friday. Great opportunities exist for those who enjoy fresh air, exercise and having fun with others. 613-230-3276 www.friendsofthefarm.ca/activities.htm

July 7 Friends of the Farm Edible Ornamental Plants lecture from 7 to 9pm. Explore the world of delicious ornamental edibles or ‘edimentals’ which have been used traditionally yet often forgotten or under-explored. Telsing Andrews from Aster Lane Edibles will share her favourites and how to incorporate them into a beautiful garden. 613-230-3276 www.friendsofthefarm.ca/events.htm#lectures

July 19 Friends of the Farm Guided Tree Tour. The Urban Forest and Tree Identification. Linked to path in “*For the Love of Trees*”, free and open to the public, register at info@friendsofthefarm.ca, donations kindly accepted <http://www.friendsofthefarm.ca/events.htm#trees> Time & Location tbc.

July 26 Friends of the Farm Victorian Tea from 2pm to 4pm, Rain Date August 2 Classic tea is served on the lawns of the Arboretum. Dress in full Victorian garb, listen to live music, enter the best hat and costume contest. Formal Tea \$10 at Bldg 72, CEF Arboretum east exit off Prince of Wales roundabout. 613-230-3276 www.friendsofthefarm.ca/events.htm#events

August 15 Friends of the Farm Guided Tree Tour. Wood and other products from trees. Relationship to arts and crafts, rain date is August 16, free and open to the public, register at info@friendsofthefarm.ca, donations kindly accepted <http://www.friendsofthefarm.ca/events.htm#trees> Time & Location tbc.

August 15 Friends of the Farm Art on the Farm from 10 am to 4pm, Rain Date August 16, Free. Artists working in various media will display and sell their original work under the trees at the Arboretum. Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 www.friendsofthefarm.ca/events.htm#events

Garage Sale, Book Sale and Barbeque - Saturday June 6th, 9 am - 1 pm: While scouting the neighbourhood during the amazing Alta Vista Garage Sale, please stop by Rideau Park United Church, 2203 Alta Vista Drive (at Cunningham) and enjoy the following:
-Garage Sale: Peruse many household items all in one spot. Or, rent a table to sell your household “treasures.” For rentals, call: 613-733-3156 ext 229 (Mon. - Fri. 9-4).
-Book Sale: Choose your summer reading from a fine selection of pre-owned titles.
-Barbeque: Stop by for some refreshments - hamburgers, hot dogs, sausages and drinks - and a rest from your shopping.

Camp Awesome 2015, August 10th - 14th: This week-long Christian day camp program sponsored by the Ottawa Presbytery of the United Church takes place at Rideau Park United Church, 2203 Alta Vista Drive, and serves children aged 4-12 years. Led by trained staff, activities include games, crafts, drama, singing, water fun, story-telling and learning about important topics. The Camp runs each day from 10 am - 3 pm. Children bring their own lunch. Cost per camper is \$70 if you register on or before June 14th and \$80 after June 14th. Optional childcare is available each day both before and after the Camp for an additional fee. For more information and to register online, go to the Camp Awesome link on the church website, www.rideaupark.ca. Information is also available by calling 613-733-3156 ext 229. Early registration is strongly encouraged.

Nativity Parish Food Bank:
Just a reminder that our local food bank at the Nativity Parish, 355 Acton Street in Riverview Park, welcomes donations on Tuesdays from 7-8 p.m. and Wednesdays from 10:00 – 11:30 a.m. Juice boxes for childrens’ lunches and canned tuna or meat are especially appreciated. For further information please call: 613-521-2416.

LOST AND FOUND PET RECOVERY

We all miss our pets when they become lost. A missing pet is a stressful situation for both guardian and animal. Orrin and Pam Clayton wish to set up a confidential email list of pet owners (and others who care) in Riverview Park. If you wish to participate please email letterit@rogers.com with your email address and postal address and telephone number. When letterit@rogers.com is notified of a lost pet all par-



Contact for CBB
RPR.editor@gmail.com

The Alta Vista Retirement Community is hosting a Strawberry Social that will be open to the public on Friday, June 26th from 2:00PM to 4:00PM.

PARKING LOT SALE - Saturday, June 13th - Mark this date down !
St. Thomas the Apostle Church, 2345 Alta Vista Drive at Randall. (by Firehall) 8 am to 1 pm. Spaces available in advance for \$20 includes table. Call Don at 613-733-6218 or Church office weekday mornings at 613-733-0336.

Sunday, June 7 - Spring Concert at St. Thomas the Apostle Church, 2345 Alta Vista Drive at 2 pm. The Concordia Choir Ottawa, Manotick Brass Ensemble, and The Quodlibet Choir. Tickets : \$15. Children under 10 free.

Plant Sale Fundraiser For Trinity Community Garden Saturday June 6, 9.00 - 2.00 1641 Alta Vista Drive Come and choose from a variety of Perennial and annual plants

Open Garden Day Saturday June 20, 10.00 - Noon Trinity Community Garden 480 Avalon Place Official Activity as part of the national Garden Days Meet the members, tour the garden and learn about how we grow our food.

Patrick Holloway
Coordinator, Publicity & Marketing
Ottawa StoryTellers
342 A Elgin Street
Ottawa, ON K2P 1M6
Office: 613-322-8336 Home: 613-731-1047 Cell: 613-296-1030
PR@ottawastorytellers.ca or patrick.holloway@sympatico.ca

ticipants will be sent a confidential email with a description of the lost or found pet. When a pet is found Orrin and Pam will notify the owner and arrangements can be made for the pet to be returned between the parties involved . Your participation may result in a lost pet being returned to their grateful owner.



Lesotho

Continued from page 33

Over 3,300 children who could not afford to go to school are now in attendance. I am proud to say that my school, *Riverview Alternative* is partnered with a school in Lesotho called Bokoro Primary and we are learning about poverty reduction, sustainable development, water and sanitation resources, and gender issues. Other *Help Lesotho* achievements include: building 2 community centres, 5 primary schools, a dormitory for 65 girls and leadership training for many young people.

The Kingdom of Lesotho has been devastated by HIV/AIDS leaving families orphaned and in the care of grandmothers. To help these stressed caregivers, *Help Lesotho* provides support for grandmothers and their orphans and has supplied food security to over 11,000 grandmothers and children.

Help Lesotho is an Ottawa based organization dedicated to helping the Basotho people in crisis.

To find out more, go to www.helplesotho.org. You can sponsor a vulnerable child, young mother, grandmother or offer a donation to support other programs in their tenth year of selfless service.

It is possible.
KIDS HELPING KIDS
Riverview Alternative School helps twin School in Lesotho
by Students in the Junior Leadership Academy at Riverview Alternative School

Riverview's annual Environment Fair took place on **Thursday, May 14th**. The Junior Leadership students and the Green Team planned this fair and worked hard at each table selling items and running environment games. There were crafts from recycled materials, used books and toys, jewellery, annual and perennial flowers, and tasty baked goods for sale at the fair. Students learned about being a friend of the Earth as they planned for and ran the fair. The younger students learned about counting money and making 'smart shopper' choices. The older students became leaders at

Riverview through their assembly, announcements, letter writing, visits to classrooms and helping at all the stations on the day of the fair.

All the money raised will go to building hand washing stations and providing copies of *A Girl In Lesotho* to the students at their sister school, Bokoro Primary, in Lesotho. This is Riverview's ninth year supporting 'HelpLesotho.' They have been connected to their twin school, since 2006. (two images of the schools) through Help Lesotho's School program.

Bokoro Primary in Lesotho

Riverview Alternative School

WASH stands for "**W**ater, **S**anitation and **H**ygien**e**". Inadequate access to safe water and sanitation services, combined with poor hygiene practices, sickens thousands of children every day. Children can't always go to school because their schools do not have private and clean sanitation facilities. It is important for students in Lesotho to be able to wash their hands so they can stay healthy.

The new hand-washing stations at Bokoro Primary will use a small bucket with holes in the bottom to conserve water. Students keep the stations stocked with water and soap.

(see hand washing station image)

Students at Riverview are pleased that their fundraising efforts will also make it possible for their friends at Bokoro Primary School to receive Dr. Peg Herbert's new book, *A Girl In Lesotho*. It raises awareness about life of girls in Lesotho and the issues of Gender Equity. (see image of book.)

Please check <http://helplesotho.org> to find out more about 'HelpLesotho'.

The Junior Leadership students have learned how they can make a difference in their school, community and in the world by serving others and helping the environment. They would like to thank Riverview parents and local businesses for their generous donations to the fair.

A lot to celebrate:

Congratulations Walter Terentiuk

by Carole Moul

In Ontario, 3.3 million men and women are family caregivers. These are the people who provide a vital support network. They are family members, friends, volunteers and the health professionals who make it possible for people to stay at home despite the limitations of age, illness, or disability.

On Wednesday evening, May 6th The Champlain Community Care Access Centre (CCAC) celebrated local caregivers at the 2015 *Heroes in the Home Caregiver Recognition Awards* in Jean Piggott Place at Ottawa City Hall. Members of the community who were inspired by their selflessness and commitment to helping others nominated the award recipients.

Walter Terentiuk, who now calls the Alta Vista Retirement Community 'home', was one of 29 exceptional caregivers of all ages and backgrounds to receive this award at the beautiful reception.

Mr. Terentiuk was nominated for this honour for being 'an incredible caregiver to his wife, Gwen', and although completely independent himself, the couple moved to the Alta Vista

Retirement Community in 2012. Mr. Terentiuk knew that his wife would require additional care and wanted to be there to support her.'- and on a daily basis sets an excellent example of what the term 'caregiver' is all about.

According to the recent *'Bringing CARE HOME- Expert Panel Report (Dr. Gail Donner, March 2015)'*, on average in Canada, family caregivers provide about seven hours of

help to family and friends for every two hours of professional care. Our health system could not sustain the current levels of

care in the community without the continued contribution of family caregivers.

Gilles Lanteigne, CEO, Champlain CCAC, praised the recipients in that, "This year's *Heroes in the Home* are faced with unimaginable challenges, and yet they find a way to carry on. The

Champlain CCAC would like to say thank you by recognizing the essential role of caregivers in our health system and in every community."

The CCAC is one of the largest health service providers in eastern Ontario, connecting people to care in a region covering over 18,000 sq. km. Each year, the Champlain CCAC supports clients in a variety of settings through injury, illness, and the complications of age or disability by facilitating their access to information, community-based services and other resources.

In receiving this *Heroes in the Home Award*, Mr. Terentiuk was extremely appreciative of the Champlain Community Care Access Centre for providing the award, the Alta Vista Retirement Community for nominating him, and fellow residents for the help continually extended to him.

In turn, the fellow residents, management and the staff of the Alta Vista Retirement Community recognize Walter Terentiuk as a leader and inspiration to many other residents at the home. Congratulations for receiving this well-deserved award.



Happy faces all around as Mayor Jim Watson congratulates Walter Terentiuk, shown here with wife Gwen Terentiuk

NEWSBOY to NEWSBOY

This is a taster for Bill Fairbairn's new book soon to be published

CHAPTER 1 (excerpt)

No matter how active you are at other times the hours sometimes pass slowly when getting on in years you are alone in the house. Snow is deepening outside and icicles starting to drip drop from above the living-room window. Interminable cups of tea, breaking news stories on CBC television and a box of chocolates left by your wife when she went to work for Revenue Canada in downtown Ottawa, help pass the time.

Canadian winters only *seem* never ending as this last one did. I feel the mid-March day actually warming. A touch of spring is in the air as lively Red Cardinals yank their tails in the air and squirrels, too, as they scramble one after another on branches of the front-lawn tree. News broadcasts concentrate mainly on crime, tragedy and ruthless party politics that I disdain, but have been well acquainted with as a journalist who has risen through the last 65 years from newsboy to editor emeritus then back to newsboy.

Once a month, those last five months, I sat drinking tea postponing the deadline for delivering my pile of hot-off-the-press *Riverview Park Review* community newspapers to local doorsteps by one of the oldest newsboys in Canada and 70 years ago one of the youngest in Scotland.

I prefer the term newsboy to paperboy! It was the news in the two local weekly papers and several national Sunday newspapers that I delivered in my boyhood home town of Hawick. I can't compare my Scottish paperboy experiences with those of the newsies of New York who evoked a Tony Award musical in Toronto. They were the real Mackay! That means the genuine article (colloquial for the true head of the Clan Mackay). Their street shouts of Extra! Extra! Their strike against newspaper tycoon Piltzer! No, I can't.

But did any of those American newsies fight a rat at their ankle while delivering the paper. I recall grabbing my leg to stop the rat and squeezing it for dear life. It was scary for a nine-year-old so I shouted out rat! This attracted an alert flat dweller who grabbed his newspaper from the ground, folded it three times and smacked the rat and my ankle several times. Finally he clutched it, chucked

it down the close and asked if I was okay. Drat that rat! Yet drat too the icy driveways I'll face to deliver papers today in Riverview Park.

The Phoney War

Yes, indeed...born in 1935 I still remember as a toddler hearing British Prime Minister Neville Chamberlain declare from Westminster on September 3, 1939, what came to be called *The Phoney War* after German forces invaded Poland. Can any New York or Chicago newsy boast that? Of course, in six months the Phoney War became a real war in Europe. Canadians, immediately, and Americans, eventually, became world wartime allies of a Britain in dire distress while most of Europe was capitulating to Germany. In getting the news out to the people, I considered I was also a wartime ally.

The day after that declaration in 1939 I recall stretching on my toes for a drink of water at a fountain in my Scottish hometown park and drawing back sharply when a siren alarm boomed out. "It's a practice for war," my older brother David responded as he waited behind me. At age four I hardly knew what he meant and certainly not what the consequences would be. The consequences were not calamitous for me or my siblings. You see my dad was a grocer in Hawick. That essential service exempted him from conscription except as a reserve in the Home Guard. He continued to drive his Chevrolet grocery van around the countryside supplying lonely wives and children whose husbands were at war. I opened and shut countryside gates for him. Only if faced with a German invasion of Britain might he really have been at war. His rifle rested almost throughout the war unloaded in a corner of the house.

Had Britain been occupied by the Nazis the Home Guard likely would have resisted from an underground bunker in the Lindean Loch area of the Scottish Borders stocked with silenced pistols, commando knives, plastic explosives, food and expected to shoot themselves rather than be taken prisoner. Such resistance bunkers were dotted all over Britain. Because dad was a grocer. Isla, David and I never went hungry as did many children. Food rationing had my mum sharing her better fortune with neighbours.

We similarly were safe from

German bombing. We could tell by the engine noise if German bombers were flying directly *over* our town to bomb the Glasgow docks or returning. Although it runs unfair to Glaswegians to praise our good luck compared with their bad luck our rural town was not a target. Nevertheless one day, in 1941, a German flier came parachuting down in the Hawick area and my dad took up his rifle on that one occasion and set out to capture him.

Rumour was that the man the Hawick Home Guard captured was German Deputy Fuhrer Rudolf Hess who, without Fuhrer Adolf Hitler knowing, had set out on a solo flight and parachuted down in Scotland to talk peace with the Duke of Hamilton whom he thought might be receptive. Hess was captured at the same time as Hawick's more ordinary German parachutist. The Deputy Fuhrer was taken first to Glasgow, then to London. He finally committed suicide after many years spent after the war in Spandau Prison in Berlin.



Bill Fairbairn, still delivering newspapers

Photo credit: Janina Nickus

Apple from Canada

Saturdays were the best days of the week for me and my siblings. At midday dinner, provided we had eaten our main course likely of mince and the tatties schoolboys like me had dug from the fields, a red apple all the way from British Columbia was our treat. Canadian apples were being shipped to Britain through German U-boat nests in the Atlantic to arrive in Glasgow or London docks. No such luck with bananas. *Yes, we have no bananas!* This grocer's wartime anthem was sung with gusto in war and post-war years.

For supper my mum would serve an omelette made from Canadian powdered eggs and a slice of bread and butter. The Canadian National Research Council had pioneered dried egg powder because whole eggs going *over there* cracked on board merchant ships. Eggs were stamped and rationed in Britain. People got one a week. This didn't stop my dad rubbing off the ink and selling them as fresh eggs. Bread in Scotland in 1941 was not expensive at three pennies a half-loaf. I remember my mother handing me a silver sixpenny piece to take down the street to the baker's shop to buy a half-loaf. I returned with the bread and two pennies change telling my mum the price of bread had gone up. When she found out this was not the truth and I had returned the pilfered penny she smacked my bum. Lucky for me she did not grass on me to my dad who could smack harder but rarely did so. Mum taught me a lesson of honesty. To keep the lesson alive she would regularly recite Sir Walter Scott's, *Oh what a tangled web we weave when first we practise to deceive*.

Sitting by the window with a cup of tea in 2015, I often wonder why I could so easily recall good and bad little things but had difficulty remembering the important events relating to those momentous World War II years, the Korean War, Malaya, Vietnam and even Aden, Kenya and Northern Ireland. I have no excuses for the latter two since I worked in Kenya for a time as a journalist and I was stationed for two weeks of annual training as a National Service corporal in Northern Ireland.

I do remember that before the WW II Battle of Dunkirk in 1940 two soldiers of the Gordon Highlanders moved into our home as lodgers. One of them took me to a movie starring Gene Autry. But that soldier's smoking spoiled the show for me. However, Autry sang my favourite song, *South of the Border*.

That same soldier used to toss me high enough in the air that my head moved clothes drying on the ceiling line above the living-room fireplace. I still attribute my fear of heights to him. Then, suddenly, both soldiers were gone! A moment there then gone forever. **From Newsboy to Newsboy (and everything in between) to be published when complete.**

DIY Healthy Yummy Lunchbox program for schools- the story that could become a book!

by Sarah Musavi

The story behind this resource and the program goes back to a speed skating arena in 2012, where our children were attending lessons. We would sit in the stands, and generally talk about children's food and choices in school lunch time. Our children had routinely mentioned that some of their peers would bring only cheese and crackers and lots of brownies for lunch.

We had observed how children would get fatigued simply because they had not had the right foods that would nourish their bones and muscles. We were concerned about the skin rashes that we knew could be taken care of simply with food changes. We wanted every child to be armed with the knowledge of what's in their food and then make informed choices, but also learn it in a fun and interactive manner.

We spent many hours going over the school curriculum to find gaps not only in content but also in the way the course was delivered. One glaring gap was the complete lack of practical application of principles. We almost started sleeping over the boring content. We wondered how on earth could you motivate a 6 year old to be excited about following the numerous food guides.

We decided that we would develop this program to meet the school curriculum and exceed it with content, interesting method of delivery and additional content that is missing.

Our first session had 15 kids and the first class was a complete hit. The kids ran to their parents with joy sharing a sample of what they had prepared. One mother came to us and said, "I can't believe my son is eating hummus. We are Lebanese and have been trying to get him to try it, but he had not

touched it, until after this class, he is now taking the lead at grocery shopping and hummus is always in his cart. I don't know how you did it, but I'm sending him to this class again".

We taught 8 classes and each class was a complete joy for us and the children. They had their fingers and faces smeared in food and were trying out their own recipes and singing with joy in the class.

There were some kids who were initially apprehensive of even touching an avocado, but by the end of the session, they were running for a second helping of guacamole.

Smoothies, pinwheels of veggies and all veggie pasta and even sushi were crowd pullers. We never used any meat and mostly organic ingredients and the kids soon learnt the difference in taste and reason. They even learnt how to make their own salad dressings in 10 mins. 6 yr olds were happily chopping away with sharp knives and being helped by older ones on the stove and oven.

The last class was a series of goodbyes and appeals for "please do this session again". Initially we had thought of only offering these 8 classes and then writing out what we learnt, but it was getting very interesting and we wanted to see how we could repeat it and still offer new content. So, after lots of requests from parents and students, we decided to offer another session of 8 classes. We had 6 repeat registrations!

At the end of each session, we would be asked by children in the hallway what we would be teaching next and if they could bring some of their own recipes. So, we offered a third session and had some more repeat registrations. Parents would be excited about the classes

and some of them would join in at the end.

There are 24 sessions and a technique for designing an outline and implementing the concepts in a way that allows children and families to change their food habits for the better.

We believe that many health practitioners or teachers are interested in teaching an after school cooking program or a summer camp and this resource will help you to implement a program. You could either follow the system exactly as outlined or make changes to it based on your area and recipes that are more common within that culture.

This guide can also be used by parents to interest their children in cooking and preparing their school lunches or even at home while entertaining guests. In fact, we believe that when families get interested in cooking with healthy ingredients, not only they come together to eat, they come together in spirit and focus less on eating outside.

You will find recipes for road trips and special holidays. Lots of healthy desserts and the rationale for using some ingredients while avoiding some. Plus, how to talk to kids about this subject so they remain interested.

Please feel free to write to us for questions and comments, which will help us in making the book more relevant to your interest. As a bonus, we will offer all buyers one session of 20 mins consultation with us.

With lots of wishes for running a successful cooking class and/or getting your kids excited about preparing their own lunch box.

Sylvia (Public High school teacher) and Sarah (Biochemist/Health Coach).

Write to us at info@rxfitnessplus.com or call at 613-853-4082

PS: the book is in its work and we definitely could do better with your comments to push us in making it happen faster. We do intend to put together a quick eBook on "Recipes for Summer Made and Loved by Kids", so look out for that or if you wish to provide some comments on how to make it more useful for you, we invite that with open arms.

Recipes



Smoothie Parfait

Ingredients (for one large glass)

- 12 ounces frozen strawberries (about 1 cup)
- 3 bananas
- 1/2 cup soy, almond, or rice milk
- 2 tablespoons agave or maple syrup
- 2 tablespoons ground flaxseeds
- 1/2 cup granola or muesli
- 1/2 cup greek or any natural yoghurt

Instructions

Mix milk, strawberries, bananas, sweetener and flax seeds until smooth.

Pour a layer of smoothie into a glass, add 1/3 of the yogurt, then 1/3 of the granola or muesli

Repeat #2 until the glass is full



Hummus Pinwheels

Ingredients

- 4 large whole grain tortillas or wraps
- 3/4 cup hummus
- 1 cup chopped baby spinach or lettuce
- 1 cucumber, thinly sliced
- 1-2 avocados
- 1/2 cup thinly sliced roasted red peppers (optional)
- sea salt to taste

Instructions

Spread Hummus on each tortilla. Leave 1/2 inch around all edges

Add veggies in an even layer and sprinkle with salt

Roll tightly and slice each wrap in to 8-10 pinwheel pieces.



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RPCA President's report

It's long been said there are two seasons in Canada: winter and construction season. 2015 is proving to be no exception for Riverview Park. Our long winter is over and now the multitudinous number of construction projects in and around our area of Ottawa keeps growing. Many of these road projects are long-needed (e.g. re-furbishing of McIlraith Bridge over the Rideau River connecting Smyth Road and Main Street) while others are questionable but proceeding regardless (e.g. Alta Vista Transportation Corridor Hospital Link). Impacts will be even more noticeable at the end of June when the Transitway between Hurdman and Blair stations is closed to be converted to Light Rail and hundreds of buses are detoured onto Riverside Drive each day to create what some would call a perfect storm of traffic congestion!

While it may be tempting to flee the City altogether to escape the traffic disruption and noise, there might be a silver lining for some local residents – even during construction. The congestion may force people to be smarter in their travel patterns and trip planning - either taking fewer car trips or using bikes and walking more. Thankfully, Riverview

Park's proximity to downtown and other venues (e.g. only about 15-20 minutes to Lansdowne Park by bicycle) makes these viable options for many. While it always makes sense to consolidate tasks and trips to save time and energy, this practice becomes even more attractive when faced with traffic jams (and better trip planning may lead to more free time!).

In time, hopefully there will be an impetus for even more walking and cycling activity (better for the environment and our health, and the budget. a healthier populace is less expensive to look after) and a larger pedestrian and cycling budget to allow for expedited construction of sidewalks along the west side of Russell Road (between the Perley complex and Coronation Avenue, and along the South side of Industrial). Those of us who can cycle, walk or bus to destinations can free up some road space for others. For example, now that the pedestrian overpass across 417 is opened, baseball fans can take advantage of a safer cycling option for getting to Ottawa Champions games!

So let's try to be patient and trust that things will be better in the next few years once the LRT is complete and hopefully there are fewer cars (and more cyclists).

There is no doubt that we are in for a period of inconveniences and delays. I confess, that like many of you, I will probably be muttering about the traffic from time to time during this construction. Hopefully, these investments and inconveniences will pay off in the long run and I will try to remind myself, as we all should, that these are largely "first world problems" and that we are fortunate to live where we do!

Meanwhile, we can still enjoy the greenspace in the Alta Vista Corridor (at least East of Alta Vista Drive) for one last summer, before the road construction starts in 2016. The RPCA continues to monitor development of the Alta Vista Transportation Corridor (AVTC) Hospital Link and to seek opportunities for residents to provide meaningful input, particularly related to final designs and the landscaping process. While the RPCA hoped-for AVTC Open House with the City will not take place this Spring due to circumstances beyond our control, this project is an ongoing item at our monthly Board meetings. You are invited to come with your questions/ concerns/input to our next meeting -Wed June 17 at

6:45 PM on the First Floor of the Maplewood Residence (Corner of Neighbourhood Way and Industrial) -where we will discuss how to best ensure the community needs are reflected in the AVTC's final design and other items of interest to Riverview Park.

Canada's 150th anniversary in 2017 is just two years away! While Riverview Park is much younger (barely 60 years old), we are a well-established neighbourhood. Perhaps there are some local residents out there who are interested in doing something special in and for Riverview Park and our neighbours in celebration? If you have some ideas and/or are interested in helping organize a celebration event or activity, please feel free to drop me a line krpp1415@gmail.com) or show up to a future RPCA Board meeting or our October 21, 2015 AGM with your ideas.

Check out our website at www.RiverviewPark.ca and be on the lookout for friendly RPCA Board members who are canvassing in Riverview Park as part of our annual membership drive.

Keeping your dog summer safe

by Patrick Lavigne

The temperatures are rising. So too should your level of awareness be increasing in order to keep your pet out of harm's way over the next few months. The following are some summer tips for you and your best friend.

One of the most obvious dangers to a dog in the summer months is leaving your pet in a locked car with little or no ventilation. The temperature in a car can rise quickly on a warm day, even in the shade. According to the *Royal Society for the Prevention of Cruelty to Animals*, when it is only 22 degrees C outside, the temperature inside a car can reach 47 degrees C within 60 minutes. A dog can handle an internal body temperature of 40 degrees C for only minutes before brain damage or death. Under the *Ontario Society for the Prevention of Cruelty to Animals Act*, it is against the law to leave pets in a parked vehicle unattended in a manner that risks the health or safety of the animal.

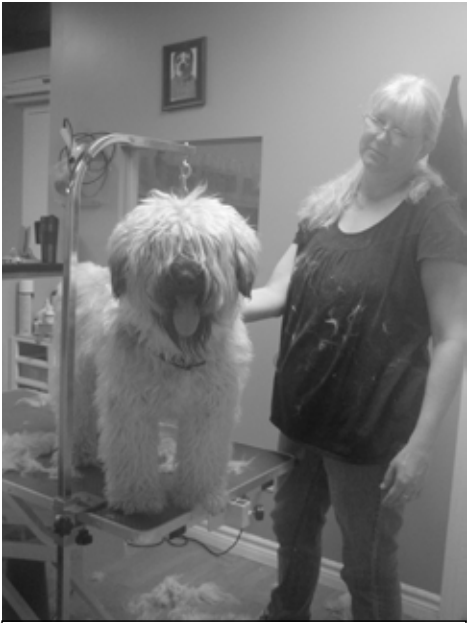
1. Never leave your dog in any vehicle on a hot day.

Pets can get heat stroke, heat stress and even sunburn just as humans do. This is a case when you call your veterinarian as soon as possible for First Aid intervention, plus in the case of heat stroke or heat stress apply cool wet cloths to the pet as soon as possible. Signs of heat stroke in a dog can include panting, dehydration, excessive drooling, an increased body temperature of above 39 degrees C, reddened gums, moist tissues of the body, production of either a small amount of urine or no urine at all, a rapid heart rate or even sudden (acute) kidney failure. Whether at home, in the park or at the beach keep your pet out of the sun.

2. Make certain there is plenty of shade.

Take care that there is more than enough water accessible at all times. This includes for both drinking and cooling off, if necessary. Take a good sized thermos when travelling or away from home. It's hot out there for both you and your dog. You'll both need plenty of fluids in the hot weather.

3. Have a sufficient water supply.



Meet Max: A Before the haircut He and Happy Dog's groomer, Stacy, are becoming friends
Photo credit: Greg Money

Asphalt, hot concrete pathways and roads, or patios can burn a dog's footpads. During hot weather encourage play and other activities on either grass or cool sand- just do not allow your dog to become overheated. Walk your pet in the

morning and at night when outdoor surfaces are coolest. Test by pressing your hand on the surface for 30 seconds. If it is too hot for you it is too hot for your dog. Check your dog's paws if it shows any signs of discomfort.

4. Limit time on hot surfaces.

Read labels carefully if you are the one applying lawn or garden supplements. Safely store yard and garden products to avoid pet poisoning. Check out the grass that your pet plays on so that allergic reactions can be avoided. With public spaces, look for any signs of chemicals added.

5. Keep your pets away from fresh lawn applications.

You are going to want to take your pet with you on many outings during the summer. Most activities should work well when you know what your pet can accept, however most pets do not like loud noises and could behave inappropriately in an unfamiliar setting.

6. Avoid taking your dog to

Continued on next page

OCDSB Trustee Chris Ellis

Province applying pressure to close schools

When the Education Minister Liz Sandals says “We need to make sure the money we are spending on education – which is significant – actually is going to student programming and not maintaining empty seats” and the Premier echoes that sentiment you know marching orders have been given. In addition, the funding of school boards has been tweaked to apply additional pressure on school boards to close schools. At the same time, the Province wants expanded community use of schools.

The Ottawa-Carleton District School Board (OCDSB) is currently considering how to deal with this reality. Trustees and staff wish to take the time needed to do a full review of high schools and student needs starting with what we – the school board, families and the wider community–want our high schools to be.

The process currently being

considered involves several phases, each including consultation with the public:

1. Between now and December 2015, the Board would revisit its current pupil accommodation policies and processes to take into account new provincial guidelines.
2. Between December 2015 and June 2016, the Board would develop the parameters and timelines for a full accommodation review of Board schools.
3. Between June 2016 and ??? , the Board would conduct accommodation reviews, including staff recommendations, public consultations and final decisions on any school closures.

The timelines will be challenging. I will be advocating strongly for meaningful public consultation and for a review of schools and their use that goes beyond counting empty seats to ensure the needs of students and

communities can continue to be met.

Schools as Community Hubs

Premier Kathleen Wynne has appointed Karen Pitre as Special Advisor on Community Hubs.

“We have a great opportunity to develop community hubs in a way that coordinates services, meets people’s needs and strengthens communities. I look forward to working with the advisory group to support the considerable work already underway to move forward on this complex and important issue.”

Karen Pitre Special Advisor to the Premier on Community Hubs said in the provincial news release.

Community hubs are any public space offering co-ordinated education, health care or social services. The OCDSB has been supporting Schools as Community Hubs for years and has a working group that has been looking into expanding this concept. A draft report, **The School as Community Hub: A**

Framework, was presented to Trustees on March 3 this year, and a draft policy supporting this expanded use of our schools was introduced on May 19. The policy is slated to be passed on June 22, 2015 following consultation.

The real work starts with the passing of the policy. It will be important to find out from communities the type of services that would best be added to local schools. I look forward to hearing suggestions from you and area organizations, then finding the partners to deliver those services. Once that is done, it will be necessary to come up with the money for the increased cost to the school board for opening up our facilities. These costs include such items as increased cleaning needs – due to budget constraints 23 custodial positions are being cut – wear and tear and supervision.



From previous page

those community firework displays on Canada Day.


Summer is the time when your pet will be susceptible to insects since moisture and heat are the prime requirements for an increased population of flies, fleas, mosquitoes, and other pests. These can be placed into two groups: those that bite for a meal and those that bite or sting in defence. As well, there is the tick-transmitted infection of Lyme disease to cause concern for dog owners.

7. Consult your veterinarian about how to avoid summer insect problems.

Save picnic food for the people not the pets. Have the dog’s usual food readily available when having an outing with family and friends and definitely watch out for the garbage of others. Just make certain that your dog’s leftovers return home with you so that the next visitors to the site are not unwanted ones.

8. Take along the kibble and forget human handouts.

Keep your dog well groomed. Good grooming can stave off summer skin problems, especially for dogs with heavy coats. Trimming the hair helps prevent overheating. Clip long hair and mats to help keep your pet cool, help prevent skin disease and to make it much more



Meet Max: after the haircut
Photo credit: Greg Money

difficult for bugs to stake their claim in the furry mat of a dog’s coat.

9. Make sure to keep your dog’s fur and nails trimmed during the summer months.

The list is long as to how to keep pets safe and healthy throughout the

summer. Pools and water, chemicals, and campfires—all of these can also be hazardous to a curious or playful pet. Leftovers from BBQs, such as chicken and rib bones, are also extremely dangerous for pets, and can cause serious problems.

The warmer summer months are the perfect time to share so many adventures with your furry friends. Just make certain that all of these memories turn out to be happy ones.

Happy Dogs is moving to two new locations: 2201 Arch Street next to the Canterbury Community Centre (after July 1st) and 1896 Prince of Wales Drive at the corner of Fisher (August 1st). Patrick Lavigne of Happy Dogs can be reached at 613-520-2112. A list of the extensive Happy Dog services can be found in an ad in this newspaper.

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Public School Trustee

Alta Vista/Rideau-Rockcliffe

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www.SchoolZone6.org

613-818-7350 - Chris.Ellis@ocdsb.ca

When volunteering takes centre stage

by Carole Moulton

Photos by Alan Landsberg

Can there be such a term as a 'sold out crowd' when in fact an event is held for free? It's highly doubtful. Such a quote, however, could have been used when there was standing room only for the recent Spring *Fashion for Compassion* Show at *The Wholesale Outlet*, 1877 Innes Road.

'Compassion' because everyone involved with the show gives willingly of their time and talents to raise money for The Ottawa Hospital-Cancer Research. 'Fashion' because the models share with the audience the latest in the season's separates or outfits, creatively put together with the expertise of Lise Butters.

Moreover, it is probably one of the most upbeat shows you could ever attend.

Wowing the audience with the wonderful outfits, were the fashionable WO models who are either cancer survivors or in cancer treatment. Having the show maintain a humorous commentary was Lise Butters; who throughout the morning also dispensed some excellent fashion advice for the many enthusiastic guests in attendance.

Joining the seasoned team this year were two new additions, Freda and Pierette, definitely not looking at all like the rest of those models, but appearing instead as if they needed all the help that they could get. In fact, both were highly suspect as to whether they were actually authentic WO models. And, it was not just because of the eclectic outfits they sported that we became suspicious, but it was the socks with sandals, which they wore with great pride.

But Freda and Pierette were just like everyone else that day; all about volunteering for a very important cause, which is what these

twice yearly fashion shows are all about.

Out in the parking lot were excellent parking lot attendants who were able to miraculously make room for all the cars that arrived that morning. At the same time, inside there were others who set up and removed the many chairs and the sound system. There were the in-demand ticket sellers and those who pulled theses for the draw, plus, did we mention the great photographer who took over 100 photos at the event?

Family, friends, and even strangers took on their roles most enthusiastically, and all donated their time and talents ensuring the show's success.

Gladys and Trudy, Victoria Quilt ladies from Blackburn Hamlet, greeted the guests as they arrived at the store, and also provided coffee and treats for the visitors.

But it wasn't only time that was given to the Spring *Fashion for Compassion* Show. A number of superb donations for many lucky winners were contributed as well.

One very fortunate winner went home with a beautiful painting donated by Lise Butters titled- Satisfying and Delicious. Bernadette Alcock of Garden Creations again provided a truly lovely sculpture. Lynn Morris named her beautiful Gift Basket that she donated- A Very Memorable Gift, and a unique handmade pillow from Pillows by Dominique went to another happy draw winner.

Several local businesses gave generously to the morning's draws. Jewel Radio Station-98.5 donated an Oxygen Medispa Spa package, and Shoppers Drug Mart of Blackburn Hamlet gave a special cosmetic and fragrance gift basket. The Rideau Carleton Raceway contributed to this well-deserving cause for Cancer Research, as

did the All Seasons Restaurant on Cyrville Road, and The City of Ottawa.

A number of *The Wholesale Outlet* suppliers did their part with some very generous donations of products- including FDJ-French Dressing Jeans, Renuar, J and Libra Fashions, and Bella Italian Imports, while *The Wholesale Outlet* itself made many great contributions too.

No doubt the biggest winners of all however were the very worthwhile causes that the fashion show supported. The Ottawa Hospital- Cancer Research received \$1620.00, with \$500.00 going to the well-deserving Victoria's Quilts Canada.

In summarizing the day, Sherry Woodburn, owner of *The Wholesale Outlet*, was quick in her praise of the generosity of others.

"Everyone involved with our show is proud to be part of the Ottawa community supporting the ongoing research at the Ottawa Hospital, Cancer Research clinic, and the work that the volunteers from Victoria's Quilts Canada provide."

Well Sherry, everyone involved wants to let you know that if it

weren't for your tireless work and organization behind the scenes, this amazing event that has helped so many just could not happen. We look forward to the next *Fashion for Compassion* Show- rumoured to be on Saturday, October 3rd., when we will be able to not only check out the wonderful fashions for fall, but know that once again some very worthy causes will be supported by the generosity of all those around us.





Ottawa Board of Education

Staff Reunion 2015

Saturday September 26th 2015

for more information
www.obereunion.ca

Mix & Mingle 4:30


Dinner 6:15

From previous page




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Wendy Simmons' art show

by Greg Money

Landscape paintings are about being at home. They are visions of personal spaces. For local artist Wendy Simmons, home is just as much Peggy's Cove, Nova Scotia, as it is here in Riverview Park.

Her exhibit of landscapes at the Heron Road Seniors Centre Art Gallery showed us just a piece of her home away from home. The gallery space is small and well lit giving it an intimate feel well suited to the intimacy if the paintings. Landscapes are often

large sweeping vistas, but here they are intentional snap-shots of small spaces around the well trod Peggy's Cove. These small spaces are painted on larger 24x36 canvases that draw the viewer in to participate in Wendy's personal tour around the coastline.

The usual icons of the light house, or the fishing shacks of Peggy's Cove are noticeably absent. Instead these are portraits of the mud flats, rocks and grassy outcroppings that pepper the

Continued on page 50



Wendy Simmons gets personal with Peggy's Cove



Around Peggy's Cove

Folks at Maplewood stride out on their second pair of legs

by Bill Fairbairn

Maplewood Retirement Community has discovered the health benefits of Nordic Walking.

Husband and wife Lucille St.-Denis, 80, and Carmel Roy, 88, regard Nordic poles as their second pair of legs.

"They give you solidarity," says Lucille. "We used to ski a lot and Nordic walking has some similarity.

Rose Coates, 93, walks almost every day the weather allows her.

Certified Nordic Pole Walking Instructor Gary Hayball, after briefing 15 residents on the techniques, led walks from front and coached from behind within their residence at Neighbourhood and Industrial.

"As someone who has been in



Nordic Pole Walking Instructor, Gary Hayball, shares his expertise

Continued on page 54



Experienced Nordic Pole Walkers: Lucille St.-Denis and Carmel Roy take in the workshop at Maplewood

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Riverview Park Community Association

Annual General Meeting

Wednesday, October 21, 7 to 9 pm, Riverview Alternative School, 260 Knox Cr.

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- ~ Get answers to your questions and concerns
- ~ Hear from council candidates prior to the election
- ~ Learn about developments in your community
- ~ Offer ideas to improve the quality of life in Riverview Park
- ~ Find out how you can contribute or get involved yourself
- ~ Participate in the election of the Board of Directors

For more details, please visit us at: www.riverviewpark.ca

Your community needs you, please join us!

OMS Montessori “Cleans the Capital”

by Kendra Hoskin

It takes a glass bottle one million years to decompose students learned at OMS Montessori on Earth Day.

Students at The Element High School, an extension of OMS Montessori, led an Earth Day assembly at the Alta Vista campus, where they told the younger stu-

dents that it also takes plastic bottles 450 years, an aluminum can 80 years, a foam cup 50 years and a plastic bag 10 to 20 years to decompose.

These students were a part of the estimated 6 million Canadians who celebrate Earth Day and rec-

Continued on page 51



Shred it project-success!

by Catina Noble

On May 9th, I was on my way to Elmvale Shopping Centre to run a few errands. There seemed to be something happening at the parking lot (to the right of Kelsey’s). I looked around to see cheery folks chatting and gathering up boxes and taking them away. Then, I spotted a familiar face, Jack Nolan! He was all suited up and volunteering his time for the ‘Shred-it Project’. Jack’s job was to direct traffic coming in to the busy event. People were dropping by to have documents securely shredded. The Shred-it Project Team worked in partnership with the Knights of Columbus from Resurrection of Our Lord Church. All the money raised was donated to various charities in the community. This year’s event surpassed last years!

Thanks to everyone who came

out to support this great cause and to all the volunteers who donated time to make this happen.

P.S. Does the picture of Jack look familiar to you? It should! A couple of years ago I took photos of him and his wife, Terry, for an article I



Jack Nolan

wrote on Jack’s postcard collection (which is over 80 thousand) for the Riverview Park Review!



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RIVERVIEW PARK MARKET UPDATE

YEAR OVER YEAR COMPARISON

APRIL 2015

Number of Homes Sold

8

Average Days on Market

55

Average List to Sell Price

97%

Average Sale Price

\$409,125

APRIL 2014

Number of Homes Sold

3

Average Days on Market

15

Average List to Sell Price

99%

Average Sale Price

\$436,600

OTTAWA MARKET UPDATE

YEAR OVER YEAR COMPARISON

APRIL 2015

Number of Sales

1,312

Average Days on Market

72

Average Sale Price

\$403,239

New Listings Taken

3,750

Sales to Inventory Ratio

18%

APRIL 2014

Number of Sales

1,162

Average Days on Market

75

Average Sale Price

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New Listings Taken

3,444

Sales to Inventory Ratio

18%

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The day the White House burned

by Bruce Ricketts

No doubt you have heard something about Canadians burning the American White House during the War of 1812, but what is the real story?

The story actually begins in April of 1813. The war-of-American-expansion between England and the United States had been raging for over a year. Prior to this period most of the major battles of the War had been land battles because the British Navy was preoccupied fighting

Continued on next page



General Issac Brock and I meeting at Fort York



Portrait of General Robert Ross

All eyes on me....

by Denis Poitras

It's the time of year when all dancers, gymnasts and cheerleaders are putting their best foot forward in getting ready for recitals, competitions and performances. There is a lot of background preparation that are done before arriving at this point. From choreographies to endless rehearsals, from costumes to the perfect make-up; it is a never ending process that will allow kids to teens to non-professional dancers perform in front of numerous judges, spectators and family members.

This article started with the picture (insert) that expresses the way we are all being looked at when performing. Designer, Denis Poitras created this leotard filled with eyes that represents an audience looking at the performer. It was appropriately titled: "All eyes on me" which one could feel on stage during a performance. The audience is mesmerized by the performances that have been in the making for the past four to six months. It is quite the process that one has to go through. Having danced jazz for 13 years, Denis Poitras states that a person gains so much self-confidence and also helps

in team working which is the basis of what we need in life. It also helps to create bonds and friendships that are rarely broken. He still hangs out with the dancers that he has danced with through the years. "We have many other responsibilities with family and work but we always take the time to see each other. It's the friendships and memories that were created and will continue to be part of our daily lives."

At 4 DGC, they not only make costumes for dancers. This past year they have started making gymnastic leotards. It uses interesting fabric with funky pattern that the kids love and at a price parent's love even more. They are not sophisticated. They are basic but they do deliver a punch in fashion. It is a great beginner bodysuit and it is only done in children sizes from 4-6 to 10-12. If you don't like the styles that are available, you can choose the fabric and get one done in the color you want. Customers tend to love this aspect of the business. The kids are given more liberty in choosing what they want to wear at a good price.

As for cheerleaders, the store is always looking into bringing interesting products. This coming season will



be even busier because they are going to make sports bras and matching shorts in kid's sizes. This should bring more and more customers to a growing business. 4 DGC wants to expand their products to help its clientele have a one stop shop. We are a destination for great service and great products. We will continue to deliver products for dancers, gymnasts and cheerleaders who practice the sport they love.

Have a great summer everybody. Check us out on Facebook at 4 Dance, Gym & Cheerios to see what we are up to.

From previous page

Napoleon in France. But it was not a land force that launched an attack on the Fort of York (now Toronto), that fateful day on April; it was a naval flotilla. The force of British, Canadian and Ojibway defending the fort was overrun. The Americans captured the fort, town and the dockyards. As a last act of defence, the British blew up the fort's magazine resulting in a large number of American casualties. The incensed Americans looted and burned the town in reprisal. The Americans withdrew from the ruined town and fort shortly thereafter. Incidentally, the commander of the American forces, Brigadier General Zebulon Pike, was killed during the battle of Fort York.

The loss of Fort York had little bearing on the war itself, but the British were not about to forget it.

It is worthwhile noting that in addition to the destruction wrought at Fort York, another raid by the Americans, in May 1814 at the Port of Dover on Lake Erie, also resulted in unnecessary major destruction of private homes and other property. An American Army Court of Inquiry in June 1814 found that the destruction of non-military targets was "an error in judgement".

By the 1814 stage of the war, the British, following the defeat of Napoleon, were launching a two front attack on the Americans. As their land troops worked their way through New York State, British war ships began a series of attacks along the American seaboard; the intent of which was to pull Americans out of the New York front to counter the seaboard front, thus diluting the forces on both fronts. It worked.

On August 24, 1814, the British army marched from the port of Benedict to Bladensburg, Maryland, just north of Washington, while the navy conducted a diversionary raid on the port of Baltimore. The result was a decisive victory for the British which opened the door to Washington, the American capital city.

The British moved quickly on the prize.

The destruction of major buildings in Washington was seen as retaliation for American atrocities at Fort York and Port Dover. Indeed the commander of the British contingent, Major General Robert Ross, was under orders that included statements such as "...deter the enemy from a repetition of similar outrages." and "You are hereby required and directed to destroy and lay waste such towns and districts as you may find assailable." Mind you, it was tempered with the back-handed order "You will spare merely the lives of the unarmed inhabitants of the United States".

In the wake of the British attack, the President, James Madison, along with senior members of his military and cabinet fled the city, leaving behind instructions to "Save what you can". The home of President Madison, which is now called the White House,

was the main target of the British. Dolley Madison, the President's wife, had been left behind and was responsible to "save what she could".

One of the many myths of this action was that Dolley Madison saved the life-sized painting of George Washington. Eyewitnesses stated later that the painting was too large to remove and carry so Mrs. Madison saved the silverware instead. The painting was actually saved by a Frenchman, Jean-Pierre Sioussat, who was a doorman in the mansion.

Before setting fire to the mansion, the British ate the food and drank the wine which had been prepared for a Presidential party planned for that same evening.

Beyond the Presidential mansion, there were many other buildings destroyed including the Treasury Building. Indeed when the smoke cleared the only government building left untouched was the U.S. Patent Office, which ultimately became the temporary seat of government as the Americans rebuilt the capital.

According to a book by John Fredrikson, *America's military adversaries: from colonial times to the present*, the day after the destruction of the White House, Rear Admiral Cockburn, commander of the British fleet, entered the building of the newspaper, *The National Intelligencer*, intending to burn it down. However, several women persuaded him not to because they were afraid the fire would spread to their neighbouring houses. Cockburn wanted to destroy the newspaper because its reporters had written harshly about him, branding him as "*The Ruffian*." Instead of setting the building alight he ordered his troops to tear it down brick by brick and ordering all the "C" type destroyed "*so that the rascals can have no further means of abusing my name*".

There was not much resistance to the sacking of Washington by the British. In fact there was only one soldier killed. But there were approximately 30 soldiers injured when a series of tornadoes swept in causing much more damage to the burning buildings (while incidentally putting the fires out). Many of the injuries and the only death occurred when a tornado lifted two cannons and dropped them several yards away.

The British were accused of burning the Washington Navy Yard but the truth is that the Americans did that deed. Similar to what happened during the battle of Fort York, the Americans, this time, burned their own facility to prevent capture of stores and ammunition.

A day after the attack began the British withdrew leaving behind the ruins of the American capital. A week later the President returned and issued a proclamation calling on "*All citizens to defend the city*".

A little too late, wouldn't you agree? *Bruce Ricketts is a Historian, Researcher, and author. His Canadian History website, MysteriesofCanada.com is viewed by over 10,000 persons each day.*

Kids for Money Matters

by Adnan Abidi

Studies prove that the earlier kids are taught about money, the greater the likelihood of their financial success

Reference: CPA Canada's "A Parent's Guide to Raising Money-Smart Kids - 9 to 11-year-Olds"

I decided to put my CPA skills to use and create Kids for Money Matters after-school activity for OMS Montessori. The inspiration was to be able to instil some interest and curiosity about money and money management for kids.

My main objective in the 8-week after-school activity was to give the students an understanding that Money Matters, at any age and that they can earn a lot more than just an allowance at an early age. As CPA Canada reports: the earlier, the better. I wanted them to remember that before saving, spending, sharing and growing their money, they had to earn it. Then, to be able to keep it longer – or to have more to spend they had to track their money. Basically, tracking would enable them to know where the money came from, where it was and where it went.

Most of us, young and old alike, earn money and spend it ... and then try to figure out where did it all go ... it is a bit late to figure it out after the fact. We would benefit by tracking our Money Matters to the cent.

I read somewhere that wealthy people knew more accurately how much money they have than not so wealthy people. In another experiment, an organisation mailed out 100 cheques to various individuals, equally divided amongst known multi millionaires and non-multi millionaires. The cheques were for about \$7.99 – and they wanted to

know who would cash the cheques: the wealthy or the not so wealthy. To their surprise, they found that a higher proportion of the wealthy cashed the cheques than the not so wealthy. They summarised that the wealthy valued every cent given to them, more so than the not so wealthy.

Thus, I wanted them to start tracking their money diligently. This idea first came to my wife and I, when our son received a bunch of cash and his piggy bank couldn't hold it anymore. We decided to empty it and put the money in a bank. But he didn't want to lose sight of the money – cold hard cash is such a sweet thing! We helped him create a journal that tracked his money – the kid's equivalent of a bank account book, with the added bonus of identifying where the money came from, where it went and how much is left.

Then, the next step was to get the kids to think entrepreneurially ... that is the subject of the next article. Stay tuned – In the mean time I have summarised my Kids for Money Matters after-school activity below.

I prepared a fun and profitable 8-week program designed to introduce children through interactive sessions to these skills:

1. Earn;
2. Save;
3. Track;
4. Spend;
5. Share;
6. Grow.

They engage in activities that build their awareness, curiosity, creativity and ease with Money Matters at home and later on in life through a real life entrepreneurial activity.

These boots
Continued from cover

by Alan Landsberg

Angelina Pascual-Meagher, aged 2 on Easter weekend. According to mother Alba, Angelina independently went through the Hallowe'en trunk, totally dressed herself and appeared on Balena Avenue in all her Easter finery!

The intensity of concentration is remarkable and the outfit—well, Stella McCartney, move over!



These boots are meant for splashin' And that's just what they'll do But if you like my Tutu I won't splash all over you! (with apologies to Nancy Sinatra)

Alta Vista Library

JULY children ‘s programs

STORYTIMES / CONTES

(Closed Wednesday, July 1st / Fermée le mecredi 1er juillet)

Summer Babytime / L’été des bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise.. Mondays, June 22, July 13, 10:30 - 11:00 a.m. Les lundis 22 juin, 13 juillet de 10h30 à 11h.

Summer Family Storytime/ Contes en famille en été

Stories, rhymes, and songs for all ages and a parent or caregiver.No registration required./ Contes, rimes et chansons pour les enfants de tous âges et un parent ou gardien. Aucune inscription requise. Tuesdays, July 7, 14, 21, 28, 10:30 - 11:00 a.m. Les mardis 7, 14, 21, 28 juillet de 10h30 à 11h.

Summer Toddlertime/ L’été de tout-petits à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. No registration required. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois. Aucune inscription requise. Thursday, July 16, 10:30 - 11:00 a.m. Le jeudi 16 juillet de 10h30 à 11h. (Closed Wednesday, July 1. Fermée le mercredi 1^{er} juillet.)

SUMMER CHILDREN’S PROGRAMS/ PROGRAMMES D’ÉTÉ POUR ENFANTS

Opening Ceremony / Cérémonie d’ouverture

Join us for the TD Summer Reading Club 2015 kick-off!. No registration required / Joignez-vous à nous pour le lancement du Club de lecture d’été TD 2015! Aucune inscription requise. Monday, July 6, 2:00-3:00 Le lundi 6 juillet, 14h-15h.

Game On! / À vos jeux!

Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! No registration required. / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous. Aucune inscription requise. Friday, July 10, 17, 24, 31; 2 :00- 4 :00pm Les vendredis 10, 17, 24, 31 juillet de 14h à 16h.

I can dance the outdoors

Bring author, Hannah Beach’s book I Can Dance the Outdoors

to life, exploring movements for wind, water, stars and more! Hannah will guide you in creating your own story vignettes using dance, fabric, music and ideas as we create together. Ages 7-12. Registration required. Tuesday, July 7, 2:00-2:45 p.m.

Create-a-Sport / Crée un sport

You make the rules. Ages 7-9. Registration required/ Tu fixes les règles. Pour les 7 à 9 ans. Inscription requise. Wednesday, July 8, 2 :00-3 :00pm. Le mercredi 8 juillet de 14h à 15h.

Curtain Call / En rappel

Let’s pretend until the story ends! Ages 4-6. Registration required / Une histoire pour faire semblant! Pour les 4 à 6 ans. Inscription requise. Thursday, July 9, 10:30- 11:30am. Le jeudi 9 juillet de 10h30 à 11h30.

Tabletop Gaming / Jeux de table

Bring you’re a-game. Ages 10-12. Registration required. / Apporte ton jeu favori. Pour les 10 à 12 ans. Inscription requise. Thursday, July 9, 2 :00- 3 :00pm. Le jeudi 9 juillet de 14h à 15h.

Outdoors Indoors / Extérieur-intérieur

Meet us where the sidewalk ends... Ages 7-9. Registration required. / Viens nous retrouver où finit le trottoir...Pour les 7 à 9 ans. Inscription requise. Monday, July 13, 2 :00 – 3 :00pm. Le lundi 13 juillet de 14h à 15h.

ABC to XYZ / D’ABC à XYZ

Won’t you come explore with me. Ages 4-6. Registration required. / Viens découvrir avec moi. Pour les 4 à 6 ans. Inscription requise. Tuesday, July 14, 2 :00- 3 :00pm. Le mardi 14 juillet de 14h à 15h.

Make Some Noise / Un peu de bruit

Not a quiet time. Ages 7-9. Registration required. / Pas de tout repos. Pour les 7 à 9 ans. Inscription requise. Wednesday, July 15, 10 :30 – 11 :30 am. Le mercredi 15 juillet de 10h30 à 11h30.

Treblemakers/Making Treble / Les sopranos

Unleash your musical beast. Ages 10-12. Registration required/ Libérez la bête musicale qui sommeille en vous. Pour les 10 à 12 ans. Inscription requise. Wednesday, July 15, 2 :00- 3 :00pm. Le mercredi 15 juillet de 14h à 15h.

Ottawa Art Gallery

Racing Labyrinth : Create a labyrinth with stencils, unexpected forms and pictorial compositions and use inks, straws and your breath to solve it. Ages 7-12. Registration required. Monday, July 20th from 10:30-11:30 am.

Do U C what I C? / Tu vois ce que je vois?

Mind-bending illusions Ages 10-12. Registration required. / Illusions hallucinantes. Pour les 10 à 12 ans. Inscription requise. Monday, July 20, 2 :00- 3 :00pm. Le lundi 20 juillet de 14h à 15h.

Let’s Get Messy / Salissons-nous un peu

Roll up your sleeves and dive right in. Ages 7-9. Registration required. / Relève tes manches et mets la main à la pâte. Pour les 7 à 9 ans. Inscription requise. Tuesday, July 21, 2 :00- 3 :00pm. Le mardi 21 juillet de 14h à 15h.

Nature Play / Au naturel

Nature themed games and activities. Ages 4-6. Registration required. / Jeux et activités autour de la nature. Pour les 4 à 6 ans. Inscription requise. Wednesday, July 22, 10 :30 – 11 :30am. Le mercredi 22 juillet de 10h30 à 11h30.

In the Limelight / Sous les feux de la rampe

Save the drama for your... library. Ages 10-12. Registration required. / Garde la pièce de théâtre pour ta ... bibliothèque. Pour les 10 à 12 ans. Inscription requise. Wednesday, July 22, 2 :00- 3 :00pm. Le mercredi 22 juillet de 14h à 15h.

Optical Illusions / Illusions d’optique

You won’t believe your eyes. Ages 7-9. Registration required. / Tu n’en croiras pas tes yeux. Pour les 7 à 9 ans. Inscription requise. Thursday, July 23, 2 :00- 3 :00 pm. Le jeudi 23 juillet de 14h à 15h.

Glorious Goo / Crasse glorieuse

Dress for the mess and get your hands dirty. Ages 4-6. Registration required. / Prépare-toi à te salir les mains. Pour les 4 à 6 ans. Inscription requise. Monday, July 27, 10 :30 – 11 :30am. Le lundi 27 juillet de 10h30 à 11h30.

Riddle Me This / Devine

Twist your tongue with clever word play. Ages 10-12. Registration required. / Viens te tordre la langue avec des jeux de mots ingénieux. Pour les 10 à 12 ans. Inscription requise. Tuesday July 28, 2 :00- 3 :00pm. Le mardi 28 juillet de 14h à 15h.

Have a Ball / À qui le ballon?

Stay! Play! Hooray! Ages 4-6. Registration required. / Reste et joue! Hourra! Pour les 4 à 6 ans. Inscription requise. Wednesday, July 29, 10 :30 – 11 :30am. Le mercredi 29 juillet de 10h30 à 11h30.

All the World’s a Stage / Le monde entier est sur scène

Bring your favourite charaACTers to life. Ages 7-9. Registration required.

/ Donne vie à ton personnage favori. Pour les 7 à 9 ans. Inscription requise. Wednesday, July 29, 2 :00- 3 :00pm.. Le mercredi 29 juillet de 14 à 15h.

Play it, sing it and move it Experience world music and learn about different cultures through singing, playing a variety of percussion instruments and movement. Ages 7-12. Registration required. Thursday, July 30, 2:00-3:00 p.m.

N.S. Registration for programs starts on June 17. / L’inscription des programmes commence le 17 juin . / Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s’inscrire à des programmes doivent être titulaires d’une carte valide de la BPO.

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AUGUST Children’s programs

STORYTIMES / CONTES

(Closed : Monday, August 3. Fermée le lundi 3 août).

Summer Babytime /L’été des bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. No registration required. / Contes, rimes et chansons pour les bébés et un parent ou gardien. 0-18 mois. Aucune inscription requise. **Summer Session Closed Monday August 3.** Monday, August 10, 10:30- 11:00a.m. **Session d’été Fermé le lundi 3 août.** Le lundi 10 août de 10h30 à 11h.

Summer Family Storytime / Contes en famille en été

Stories, rhymes, and songs for all ages and a parent or caregiver. No registration required. / Contes, rimes et chansons pour les enfants de tous âges et un parent ou gardien. Aucune inscription requise. Tuesdays, August 4, 11, 18, 10:30 - 11:00 a.m. Les mardis 4, 11, 18 août de 10h30 à 11h.

Summer Toddlertime/ L’été de tout-petits à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 18-36 months. No registration required. / Contes, rimes et chansons pour les tout-petits et un parent ou gardien. Pour les 18-36 mois. Aucune inscrip-

Alta Vista Library cont'd

tion requise.
Thursday, August 13, 10:30 - 11:00 a.m.
Le jeudi 13 août de 10h30 à 11h.

CHILDREN’S SUMMER PRO-GRAMS / PROGRAMMES D’ÉTÉ POUR LES ENFANTS
(Closed : Monday, August 3. / Fermée le lundi 3 août).

Game On! / À vos jeux!
Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! No registration required. / Joue aux dés, choisis ta couleur ou saisis un nunchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous. Aucune inscription requise.
Fridays, August 7, 14, 21, 28, 2 :00- 4 :00 pm.
Les vendredis 7, 14, 21, 28 août de 14h à 16h.

Science Unschooled / La science sans l’école
Explore our wondrous world; leave your textbooks behind. Ages 10-12. Registration required. / Explore notre monde merveilleux; laisse tes livres d’école à la maison. Pour les 10 à 12 ans. Inscription requise.
Wednesday, August 5, 2 :00 – 3 :00pm.
Le mercredi 5 août de 14h à 15h.

The Name of the Game... / Un jeu de...
...is frenzied, frolicking, fabulous fun. Ages 7-9. Registration required. / ... plaisir frénétique, amusant et fabuleux. Pour les 7 à 9 ans. Inscription requise.
Thursday, August 6, 2 :00- 3 :00pm.
Le jeudi 6 août de 14h à 15h.

Nature Calls / L’appel de la nature
Get out of the house and into the wild. Ages 10-12. Registration required. / Sors de chez toi pour retrouver la nature. Pour les 10 à 12 ans. Inscription requise.
Monday, August 10, 2 :00- 3 :00
Le lundi 10 août de 14h à 15h.

Super Sounds / Super sons
Explore sound and music. Ages 4-6. Registration required. / Pour découvrir les sons et la musique. Pour les 4 à 6 ans. Inscription requise.
Wednesday, August 12, 10 :30- 11 :30am.
Le mercredi 12 août de 10h30 à 11 h30.

Wonderful Word Play / Jeux de mots merveilleux
Witty Word Wizards, unite! Ages 7-9. No registration required. / Magiciens des mots d’esprit, unissez-vous! Pour les 7 à 9 ans. Inscription requise.
Wednesday, August 12, 2 :00- 3 :00pm.
Le mercredi 12 août de 14h à 15 h.

All Fun & Games / Que de plaisir
Get involved and have fun. Ages 4-6. Registration required. / Participe en t’amusant. Pour les 4 à 6 ans. Inscrip-

tion requise.
Monday August 17, 10 :30- 11 :30am.
Le lundi 17 août de 10h30 à 11h30.

Sportsing / Un peu de sports
Baseball, soccer and hockey... oh my! Ages 10-12. Registration required. / Baseball, soccer et hockey... oh là là! Pour les 10 à 12 ans, Inscription requise.
Monday, August 17, 2 :00- 3 :00pm.
Le lundi 17 août de 14h à 15h.

I Spy with my Little Senses/ Je vois par mes sens
Squishy, squeaky, stinky, salty, sparkly sensory stuff. Ages 4-6. Registration required. / Des trucs spongieux, grinçants, malodorants, salés et brillants pour éveiller les sens. Pour les 4 à 6 ans. Inscription requise.
Wednesday, August 19, 10:30- 11:30am.
Le mercredi 19 août de 10h30 à 11h30.

Closing Ceremony / Cérémonie de clôture
Join us for the TD Summer Reading Club 2015 wrap-up! No registration required. / Joignez-vous à nous pour la fermeture du Club de lecture d’été TD 2015 ! Aucune inscription requise.
Thursday, August 20, 2 :00- 3 :00pm
Le jeudi 20 août de 14h à 15h.

N.S. Registration for programs starts on June 17. / L’inscription des programmes commence le 17 juin . / Registration for all programs requires a valid OPL library card for each registrant. / Toutes les personnes qui souhaitent s’inscrire à des programmes doivent être titulaires d’une carte valide de la BPO.

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ADULT PROGRAMS

Book Clubs / Clubs de lecture
Book Banter
Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion. 2:00 - 3:00 p.m.
Thursday, May 7 - **The Golden Spruce** by John Vaillant
Thursday, June 4 – **The Light Between Oceans** by M.L. Stedman

Sleuth Hounds Mystery Book Club
Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for a discussion. 6:30 - 8:00 p.m.
Thursday, May 21 - Thomas Pitt mysteries by Anne Perry
Thursday, June 18 – Falco mysteries by Lyndsey Davis

Thursday, July 16 – Summer Social
Thursday, August 20 – Ngaio March

Infusions littéraires
Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion. De 14h à 15h.
Le lundi 25 mai - **La femme au masque de chair** de Donna Leon ou **Illusion de lumière** de Louise Penny
Le lundi 15 juin - **L’attente de l’aube** de William Boyd

Tuesday Book Group
Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of selections from the Great Books Reading and Discussion Program: Second series. Authors include Plato, Dewey, Euripides, Aristotle, Dostoevsky, and more.
Tuesdays, May 12, 26; June 9, 23; 7:00 - 8:30 p.m.

Conversation Groups Groupes de conversation
(Closed Monday May 18. Fermée le lundi 18 mai.)

English Conversation Group - Monday / Groupe de conversation anglais - lundi
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.
Mondays, May 11, May 25, 6:00 - 7:30 p.m.
Les lundis 11 mai, 25 mai de 18h à 19h30.
English Conversation Group - Tuesday / Groupe de conversation anglais - mardi
Practice your English language conversation skills and meet new friends in a relaxed and friendly environment. No registration required. / Améliorez votre anglais parlé et rencontrez des gens dans un milieu décontracté. Aucune inscription requise.
Tuesdays, January 6 – May 26, 12:00 - 1:45 p.m.
Les mardis 6 janvier – 26 mai de 12h00 à 13h45.

Groupe de conversation en français / French Conversation Group
Improve your spoken French in a relaxed setting. This group is for those at an intermediate level. No registration required. / Améliorez votre français parlé dans une ambiance décontractée. Ce groupe est de niveau intermédiaire. Aucune inscription requise.
Tuesdays, January 6 – May 26, 6:30 - 8:00 p.m.
Les mardis 6 janvier – 26 mai de 18h30 à 20h.

Information
Travel
Pilgrimage: Life lessons learned from walking
Pilgrimage, especially on the Camino path in northern Spain, is becoming increasingly popular. Information abounds on how to physically prepare for such a journey, but little consideration is given to the mental, emotional and spiritual upheaval that pilgrimage brings. As experienced, modern pilgrims who have walked the Camino and from Rome to Jerusalem, Mony Dojeiji and Alberto Agraso will share insights and lessons learned from their pilgrimages, with the intention that these inspire the pilgrim’s personal journey, wherever it may lead them. Registration required.
Wednesday, May 20, 2:00-3:00 p.m.
Health

Prenatal Classes - Ottawa Public Health
Prenatal Class offered by Ottawa Public Health (OPH). A public health nurse will lead this mini-series of three small group sessions. Only one parent must register but both are welcome.
Session 1. Birth Basics-Confidence & Comfort.
Session 2: Breastfeeding Basics-Tips & Techniques.
Session 3: Baby Basics-Preparing for Parenthood.
These sessions are meant to go along with OPH’s free online prenatal program - A New Life. Start the online prenatal course early in pregnancy. It can be found at www.ottawa.ca/prenatal.

Thursdays, May 7, 14, 28, 6:00-8:00 p.m.
Saturdays, May 2, 9, 16, 10:15 a.m.- 12:15 p.m.
Thursdays, June 4, 11, 25; 6:00 - 8:00 p.m.
Saturdays, June 6, 13, 20; 10:15 a.m. - 12:15 p.m.
Thursdays, July 9, 23, 30; 6:00-8:00 p.m
Saturday, July 4, 11, 18; 10:15 a.m. - 12:15 p.m
Thursdays, August 6, 13, 27; 6:00-8:00 p.m
Saturday, August 1, 8, 15 ;10:15 a.m. - 12:15 p.m

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Neighbourhood Watch

Watch out for scams!

by Tim Mark
Making the right call:
911 - Life-threatening Emergency or Crime in Progress
613.230.6211 - Other Emergencies
613.236.1222 x7300 - Call Centre – to report a theft, property damage, missing person or stolen vehicle.

Neighbourhood Watch is a partnership between a local community and the Ottawa Police Service to work for a secure and peaceful neighbourhood. There are three Watches in the Riverview Park area- Abbey Rd., Riverview Park East and Riverview Park West. If you would like to join a local Watch or would like to set up a Watch set up on your Street, call a Coordinator (see the end of this article). Alternatively contact Const. Rebecca Vanderwater, our local Community Police Officer at (613) 236-1222 x 5812 and leave a message.

This month we turn our attention to “scams.” Several of these

have been reported in the Riverview Park area.

The Ottawa Police Service has put out a warning about ‘distraction thefts’ that we should pay particular attention to. These have occurred in Ottawa and other cities across Ontario, where two suspects are targeting elderly women, according to the news release.

The two suspects usually follow a victim into a store, observe and obtain their PIN during a purchase and then follow her out to store to her vehicle. One of the suspects, usually a man, will distract the elderly woman by pointing to a possible issue with their vehicle, like a flat tire at the rear. While this is happening another suspect will steal the woman’s purse/wallet. Then within minutes, they attend a nearby ATM/ABM and empty the victim’s bank account.

The same suspects are believed to have carried out similar thefts in Kingston, Toronto, Halton, Barrie, York and Waterloo.

The two male suspects are de-

scribed as Latin American, approximately 20-35 years old, and both approximately 5’10” (178 cm). They were wearing “puffy lightweight windbreaker type” jackets with the collars straight up, black baseball hats – one of the two also wearing a black bandanna under the cap. Photos may be seen on the Ottawa Police Services website.

Anyone with information about this type of distraction thefts can contact the Ottawa Police at 613-236-1222, ext. 7300. Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS), or by downloading the Ottawa Police iOS app.

For more information on theft prevention tips see commons scams <http://www.ottawapolice.ca/en/about-us/common-scams.asp> and senior’s crime prevention <http://www.ottawapolice.ca/en/safety-and-crime-prevention/Seniors.asp>.

Of course there are many scams and new ones are being developed all the time. Here is a list of common scams. More information is available on the above website

- Email Scams
- Advance Fee Scams
- Cheque Overpayment Scams
- Charitable Organization Scams
- Lottery Scams
- Computer Virus Scams
- Romance Scams
- Loans/Scholarship Scams
- Seniors being targeted
- Door to Door Sales

Take a look at Crime Prevention Ottawa’s website. There is lots of useful information – from abandoned cars, to graffiti, to problems in parks and public spaces. The information above is taken from the CPO website and this is acknowledged with thanks.

Contact information for Riverview Park Neighbourhood Watches: Abbey Rd. - Rhéaume Laplante (613) 521-1664. Riverview Park West – Frank Hare (613) 731-5396, Riverview Park East - Tim Mark (613) 733-1744. Const. Rebecca Vanderwater, Ottawa South Community Police Centre (613) 236-1222 x5812 (messages)

LRT Project meeting with Eastway Garden’s Residents

Once again Mike Ayoub of the White Horse Restaurant welcomed those in attendance for another Eastway Gardens Meeting with Councillor Jean Cloutier and Matt Eason, Community Liaison for the LRT, City of Ottawa. Kim Lamont, President of the Eastway Gardens Community Association, helped in the organization of the meeting and there were about 40 people in attendance. Matt Eason, Community Liaison, of the Rail Program Management Office fielded questions, as did Councillor Cloutier. Several issues of importance to the residents were addressed.

Of serious concern is the closure of the walkway to the St. Laurent Shopping Centre since to walk over Belfast to the mall is approximately 1 km. Another important issue that was noted were the traffic speeds and volume on Tremblay Road, as well as the construction noise that is currently bouncing off the berms to the houses.

The residents were told that the that the berms will be landscaped in the spring of 2016 and the LRT opened in early 2018. The LRT tracks will sit on gravel for less noise and Tremblay Road will be paved at the end of construction.

Peggy’s Cove Continued from page 44

coastline just away from the touristy cove. Painted in late October, they are notably grey and umber in tone. Those familiar with the late fall mist of the North Atlantic coast of Nova Scotia will appreciate the lack of sharp light and colour. As she leads the viewer from Rat’s Cove (the first painting on the left as you enter the gallery space) around the exhibit, we get closer to her subject. Ms. Simmons draws us into the landscape until we are placed right on the rocks over the waves. Almost unconsciously, we are drawn in to share her personal experience of the landscape.

Admittedly on a journey in paint application, Ms. Simmons is exploring the relationship between figurative ground and the texture of paint. There are no sharp details of the hyper-realist, and the only sharp highlights are the dashes of sunlight picked up on the wave tops. Applied right out of the tube the white paint is dabbed on in the only display of thick paint in the images. The under painting is done in alizarin crimson and is encouraged to come out around the edges of the rocks defining their broken edges. Going back over the granite with

dashes of the same red describes cracks and shapes, but it is only done sparingly to add definition to the foreground. The background is by contrast left to disappear off into the distance.

Ms. Simmons points out that the over the horizon is England. Not because England is an important detail, but because between the last fall of these rocks and Europe is the great void of the Atlantic. Her brush strokes describe the meeting point of the known and familiar paths of Peggy’s Cove and the great unknown and constantly changing ocean waves. Maybe that is why the water in the paintings doesn’t require detail. It is fluid and unknowable in comparison to the familiar contours of the cove.

Subconsciously, Ms. Simmons painted several landscapes that follow a trail around an inlet, through some dense coast grasses, to a familiar swimming area. Almost a narrative sequence, the paintings lead the viewer from the generic, but overly familiar, vistas of the shore to a more personal space. Still a panoramic seascape, it is however where she and her family spend time swimming. Like being welcomed into her home, it is like being allowed into her personal piece of Peggy’s Cove.

The exhibit ran from May 5th to 22nd.

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Elmvale Acres Library

Registration Starts: June 17 for TD Summer Reading Club

Contes en famille

Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.
Lundi, 6, 13, 20, 27 juillet 2015 - 10:15 am.
Lundi, 10 août 2015 - 10:15 am.

Drop-in program

Family Storytime

Stories, rhymes and songs for children of all ages and a parent or caregiver.
Wednesday, July 8, 15, 22, 29, 2015 - 10:15 am.
Wednesday, August 5, 12, 2015 - 10:15 am.

Drop-in program

Babytime/ Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months.
/ Contes, comptines et chansons pour les bébés et un parent ou gardien. 0-18 mois.
Thursday, July 9, 2015 - 1:30 pm.
Thursday, August 6, 2015 - 1:30 pm.

Drop-in program

Book Club - Monday Nights Are Murder

Monday, June 1, July 6, August 10, 2015 - 6:30 pm. Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion!
June - "A Skeleton in the Family" by Leigh Perry
July - "You Cannoli Die Once" by Shelley Costa
August - Any of the "Mrs. Jeffries" Mysteries by Emily Brightwell

Drop-in program

PD Day: Block Party / Ça dé "bloc"

Friday, June 5, 2015 - 2:00 pm/Vendredi, 5 juin 2015 - 14 h. Building Boom! Show off your architectural creativity with Lego®. / Archiboum! Architectes en herbe, à vos Lego®!
Drop-in program/Non-inscription. All ages/tout âges.

TD Summer Reading Club Programs:

Opening Ceremony/Cérémonie d'ouverture
Monday, July 6, 2015 - 2-3 pm/ Lundi, 6 juillet 2015 - 14h-15h.
Join us for the TD Summer Reading Club 2015 kick-off! /Joignez-vous à nous pour le lancement du Club de lecture d'été TD 2015!
All ages/tout âges.
Registration required/Inscription

requis.

Game On!/À vos jeux
Wednesday, July 8, 2015 - 2-3 pm/Mercredi, 8 juillet 2015 - 14h-15h.
Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us!/Joue aux dés, choisis ta couleur ou saisis un nonchuk. Viens jouer aux cartes, à un jeu de société ou au Wii avec nous. Ages 6-12/6-12 ans
Registration required/Inscription requis.

The Name of the Game.../Un jeu de
Tuesday, July 14, 2015 - 2-3 pm/Mardi, 14 juillet 2015 - 14h-15h.
... is frenzied, frolicking, fabulous fun!... plaisir frénétique, amusant et fabuleux. Ages 7-9/7-9 ans.
Registration required/Inscription requis.

Curtain Call/En rappel
Thursday, July 16, 2015 - 2-3 pm/Jeudi, 16 juillet 2015 - 14h-15.
Let's pretend until the story ends! Ages 4-6/4-6 ans.
Registration required/Inscription requis.

Optical Illusions/Illusions d'optique
Tuesday, July 21, 2015 - 2-3 pm/Mardi, 21 juillet 2015 - 14-15h.
You won't believe your eyes/Tu n'en croiras pas tes yeux. Ages 7-9/7-9 ans.
Registration required/Inscription requis.

Outdoors Indoors/Extérieur-intérieur
Thursday, July 23, 2015 - 2-3 pm/Jeudi 23 juillet 2015 - 14h-15h
Meet us where the sidewalk ends/ Viens nous retrouver où finit le trottoir Ages 7-9/7-9 ans.
Registration required/Inscription requis.

Block Party/Ça dé "bloc"
Thursday, July 30, 2015 - 2-3 pm/Jeudi 30 juillet 2015 - 14h-15h.
Building Boom: show off your architectural creativity with Lego/Archiboum! Architectes en herbe, à vos Lego. All ages/Tout âges.
Registration required/Inscription requis.

Riddle Me This/Devine
Tuesday, August 4, 2015 - 2-3 pm/Mardi, 4 août 2015 - 14h-15h.
Twist your tongue with clever word play/Viens te tordre la langue avec des jeux de mots ingénieux. Ages 10-12/10-12 ans.
Registration required/Inscription requis.

Make Some Noise/Un peu de bruit

Wednesday, July 5, 2015 - 2-3 pm/Mercredi, 5 juillet 2015 - 14h-15h.
Not a quiet time/Pas de tout repos. Ages 7-9/7-9 ans.
Registration required/Inscription requis.

All the World's a Stage/Le monde entier est sur scène
Tuesday, August 11, 2015 - 2-3 pm/ Mardi, 11 août 2015 - 14h-15h.
Bring your favourite characters to life/ Donne vie à ton personnage favori. Ages 7-9/7-9 ans.
Registration required/Inscription requis.

Block Party/Ça dé "bloc"
Thursday, August 13, 2015 - 2-3 pm/ Jeudi, 13 août 2015 - 14h-15h.
Building Boom: show off your architectural creativity with Lego/Archiboum! Architectes en herbe, à vos Lego. Ages 6-12/6-12 ans.
Registration required/Inscription requis.

I Spy With My Little Senses/Je vois par mes sens
Friday, August 14, 2015 - 2-3 pm/ Vendredi, 14 août 2015 - 14h-15h.
Squish, squeaky, stinky, salty, sparkly sensory stuff/Des trucs spongieux, grinçants, malodorants, sales et brillants pour éveiller les sens. Ages 4-6/4-6 ans.
Registration required/Inscription requis.

Closing Ceremony/Cérémonie de clôture
Monday, August 17, 2015 2-3 pm/Lundi, 17 août, 2015 - 14h-15h.
Join us for the TD Summer Reading Club 2015 wrap-up! /Joignez-vous à nous pour la fermeture du Club de lecture d'été TD 2015. All ages/Tout âges.
Registration required/Inscription requis.

Cleaning the Capital Continued from page 45

ognize how vital it is that we keep our planet clean. In addition to the assembly, the schools recognized Earth Day by "Cleaning the Capital" at Coronation Park, a beautiful large green space in the Alta Vista neighbourhood.

"The event was a fabulous community building and educational experience for all of our students," said Pat Gere, the School Director of OMS Montessori and The Element High School.

This was the second year the schools have participated in the Tim Horton's Cleaning the Capital, a citywide cleanup campaign that occurs in the spring and fall of every year. According to the City of Ottawa's website, over 1 million volunteers have participated in over 16,000 cleanup projects throughout the city since the campaign was launched in 1994. As a result, an estimated 1.7 million kilograms of waste have been removed from public spaces and properly disposed of. This year, the spring campaign ran from April 15 until May 15.

"Participating in "Cleaning the Capital" allowed our students to practice a school value in a very real way," said Pat. "Respecting the earth and our environment is an important concept instilled in our students from the Toddler Program through High School."

Charlotte, a Grade 8 student in the High School Program at The Element, said taking action on Earth Day was important because the day only happens once a year. "It's a way to make a significant difference in the world" she said. "It's the only Earth we have, so we have to take good care of it!"



Am, Katie and Sidra raise money for the upcoming Weekend to end Women's Cancer Weekend in Montreal, August 22
Photo credit: Carole Moul

Wally Kasper – *Letter to a New Grandson* – The Story of a WWII Lancaster Pilot

by Colin Hine

Fifty-five people attended the 26 February 2015 meeting of the Ottawa Chapter of the Canadian Aviation Historical Society to hear RCAF veteran Wally Kasper speak on his Second World War experiences piloting an RCAF No. 408 (Goose) Squadron Avro Lancaster Mk II in RAF Bomber Command. Wally enlisted at the age of 20 and he is likely the only Lancaster Mk II pilot remaining alive. He first trained on Tiger Moths and Cessna Cranes, then after graduating he was sidetracked to navigation school in Summerside, PEI. This proved to be very fortuitous as the need for navigational expertise proved to be very critical to some of his wartime flying missions. In "Jolly Olde England" he did further training on Oxfords and Wellingtons then went to 408 Squadron at Linton-on-Ouse in Yorkshire. His tour there ran from January of 1944 to August 1944. During that time his aircraft was shot up five times and he had a number of other interesting experiences many of which are related in his book. One of these

overseas to 444 Squadron flying F-86 Sabres. After retiring from the Air Force he worked in academia as a professor then moved on to work in international development. He was later inducted to the Canada Veterans Hall of Honour. Wally is a prolific author. Two of his works include *Letter to a New Grandson* and *A Night Out with the Boys*. Wally signed copies of *Letter to a New Grandson* after his presentation.

Wally spoke with emotion, candor and humor; he related some of his wartime experiences (his "misspent youth," flying on Bomber Command operational sorties over Germany). He spoke about two of his sorties. In the first one he explained that during the war years there was little awareness of the jet stream phenomena and of the high winds that can occur at altitude. On one particular sortie, on the outbound trip Wally and his navigator realized that their position was much further east than estimates based on airspeed; in fact at 20,000 feet they had a 120 mph tail-wind. This eventually brought them over the target area ahead of schedule;

other bombers flying above them, dropping bombs on the same target area. All this effort and the need to regain altitude for the journey home resulted in them using up a large amount of fuel. This made it necessary for them to head for an emergency landing airfield at Woodbridge and they were escorted by a squadron of Spitfires, protecting them from German fighters. As Wally says in his book: "...All-in-all, a night to remember, and hopefully, never to be repeated".

the edge of the runway as possible and the aeroplane slewed to the right, off the runway, onto the grass. The Lancaster continued to roll in the direction of a bomb blast shelter from behind which Wally and his crew were amazed to see a young airman and his airwoman girlfriend beat a hasty retreat! This proved to be a good tension breaker and there were many laughs and ribald comment forthcoming from crewmembers at the expense of the courting couple. Damage to the



Avro Lancaster B Mark II, LL725 'EQ-C', of No. 408 Squadron RCAF, on the ground at Linton-on-Ouse, Yorkshire. Armourers are backing a tractor and trolley loaded with a 4,000 lb HE bomb ('Cookie') and incendiaries under the open bomb-bay. LL725 was lost over Hamburg on 28/29 July 1944.

Photo credit: (© Imperial War Museum)

Wally's second story told of a dangerous take-off run and heroic efforts taken by Wally and his flight engineer to save the aeroplane; as well, the story contained some moments of humor. He also spoke about the dressing-down he received from his Wing Commander. Wally was berated for causing minor damage to an airfield beacon structure during take-off, but received no praise or acknowledgment for having saved the entire aircraft and crew after landing with a punctured tire.

On this occasion the Lancaster was carrying an extremely heavy bomb-load and the take-off run was quite risky. Unfortunately, one of the tires blew out before lift-off and it took a supreme effort to get the aeroplane airborne. Struggling to stay airborne after lift-off the undercarriage door struck and damaged the piling structure surrounding a radio beacon at the end of the runway. They still managed to close the undercarriage doors and climbed away to complete their mission. On returning to Linton they were diverted to Carnaby, an emergency landing aerodrome.

The landing was made with the right (punctured) wheel as close to

wheel and undercarriage was not serious and the wheel was replaced and the undercarriage was speedily repaired and tested, enabling Wally to fly the aeroplane home to Linton in time for his "dressing down."

Wally finished his talk with a moving poem, *Tomorrows*. This poem can also be found in his book:

*They gave all of their tomorrows
So that your tomorrows could be free
Asking only that in your tomorrows
Lovingly remembered they would be.*

*What gifts have been found in your tomorrows
That have been paid for with their lives,
The lilting laughter of your happy children
And the warm caresses of your wives.*

*These and a thousand others filled your days
And filled your years.
Many joys and a few sorrows;
A land alive with opportunity; their gift to you
Paid for by giving us all of their tomorrows.*

After a lively question and answer session, Wally signed copies of his book, *A Letter to a New Grandson*, for appreciative audience members. Altogether, a wonderful evening; thank you Wally.



Wally Kasper

Photo credit: (© Rod Digney (with permission))

included experiencing a blown tire: the only recorded incidence of a pilot successfully landing a Lancaster with a blown tire in Bomber Command history.

After his tour was over he was selected to fly Spitfires and Hurricanes in training missions with bomber crews to help train them about what he had learned from his own combat experiences. Post war he attended the University of Toronto, studying philosophy and economics. Then in 1951 as the Cold War was heating up he re-entered the RCAF and he trained NATO pilots on T-Birds. Then he was posted

ahead of the Pathfinder markers in fact. So they were forced to turn around and repeat their bombing run over the target. Turning around in a 120 mph wind dropped their ground speed from 385 mph to 145 mph and they were quickly picked up in the beams of searchlights and subjected to vicious barrages of flak.

Evasive manoeuvres resulted in the aircraft descending from 20,000 feet to about 8,000 feet and they sustained significant damage; the aeroplane held together however and they were able to complete their bombing run – aware all the time that there were hundreds of

KIDS LIVING ON THE STREETS ...

Not in Ottawa? Yes, in Ottawa.

by Maria CampbellSmith

Sometimes in the world, children are turned out onto the streets. Sometimes youths choose to leave home and live independently on the streets. In some cultures and communities services that provide shelter, food, recreation and education are available. Other systems merely punish or arrest street kids. Some cities just ignore them. What about our city?

The City of Ottawa's Long Range Financial Planning Subcommittee estimates the population of our nation's capital to be nearly one million people. It also identifies over 20% of that population to be children under the age of 19. We are a prosperous, scenic, multi-cultural city. We have public housing, apartments, mansions, condos and suburbs, but Ottawa has street kids too.

Truth be told, orphaned and abandoned children have been a source of homeless and vulnerable youth since ancient times. The causes of this phenomenon vary. Domestic, economic, or social disruptions are usually the roots of the problem. When you study the issues of homeless youths or speak to actual street kids, you learn that there are countless threats or factors: poverty, the breakdown of families, political unrest or war, sexual, physical or emotional abuse, domestic violence, predators and human traffickers, mental health problems, substance abuse, sexual orientation or gender identity issues, cultural superstitions or scapegoating... Sometimes children are "put out" on the streets as punishment for upsetting familial or cultural situations (ex. refusing arranged marriages or bringing shame on a parent or family).

UNICEF defines "street kids" as youth who daily or nightly reside on "the street" (which includes living in unoccupied buildings or wastelands). "The street" becomes their home or their source of livelihood. With no fixed address, these children are inadequately protected or supervised and inconsistently fed or educated. Knowing who they are or how many there are is practically impossible.

In Canada, street kids are more likely to come from broken homes or single-parent families.



Living on the streets, they are frequently subject to harassment and violence, health problems and disease. Many resort to begging or hustling for money and then also become victims of exploitation, prostitution, or, in extreme cases, rape and murder. It is easy to assume that all street kids are anti-social or criminal, but that assumption is flawed.

Social workers and activists identify four different categories or public approaches that societies use to deal with street children: the Correctional model, Rehabilitative model, Outreach strategies or the Preventative approach. Which one do you prefer?

The Correctional model is primarily used by governments and police. They view street kids as a public nuisance or a risk to the security of the general public. Their objective is to protect the public (people and property) and to help keep street kids away from a life of crime. This model often uses the juvenile justice system and institutions.

The Rehabilitative model is supported by churches and non-governmental organizations (NGOs). They view street children as damaged, homeless and in need of help. The objective of this model is to rehabilitate children and bring them back into mainstream society. The methods used are free education, drug detox programs and providing safe family-like environments and residences.

Outreach strategies are supported by social workers, street teachers, communities, NGOs, and church organizations. This strategy views street kids as oppressed or struggling individuals in need of support from their communities. Their objective is to empower street youth by providing outreach education and training programs to help them change their circumstances.

The Preventative approach is also supported by NGOs and by coalitions of previous street kids, who then lobby governments or campaign publicly. They believe that to keep children off the streets we must address the social and economic problems that cause children to leave their homes. They target the parents' unemployment, poor housing and domestic abuse issues. They also campaign for children's rights.

Surveys of street kids here in Ottawa, done in 2011 by Ottawa Public Health, the Youth Services Bureau, and by university researchers, revealed some alarming trends. Most homeless youth in our city have not finished high school. Living on the street, many abuse drugs and/or alcohol daily! More than 50% struggle with anger issues, low self-esteem and/or mental health problems. The vast majority of them reported physical, emotional or sexual abuse and more than half of them have already spent time in youth detention centres or in jail.

Ottawa does offer a variety of shelters for people in crisis or without homes. The City of Ottawa has emergency shelters for individuals and families. Interval House protects abused women and children. The Salvation Army (Booth Centre) provides 108 beds for homeless males and men with special needs. The Shepherds of Good Hope has a Men's Emergency Shelter with 120 beds. The Salvation Army also offers a Young Men's Shelter just for homeless males 16-19 years of age, but it only has 24 beds. Minwaashin Lodge provides shelter for First Nations, Inuit and Metis women and children fleeing violence or abuse. Cornerstone helps homeless, single women on Ottawa streets. Operation Come Home shelters and helps reunite runaways and



street youth with their families across Canada.

Perhaps best-known by the street kids themselves is the **Youth Services Bureau**. The YSB drop-in centre is located in downtown Ottawa at 147 Bessner St. The YSB offers a wide variety of help and services for street youth ranging from meals, showers and a place to do laundry, to sexual assault counseling, addictions counseling, drug treatment plans and legal or employment services. The YSB can also offer the services of a nurse practitioner and basic dental care. They have social workers matched to street kids for regular meetings and counseling (e.g. twice a week) and they offer a myriad of group and issue-oriented meetings and programs to reach out to as many damaged or disenfranchised youth as possible. The YSB also assists with transitional and affordable housing or apartments for those aged 16-20.

Abandoned children and runaways have been a dreadful social reality for far too long. It is not one simple problem. It cannot easily or quickly be "cured". Speak to a street kid. Living on the streets is not where most of them want to be. Begging for spare change so that you can buy a meal is humiliating. Our city offers different emergency shelters and services. They do incredible, generous work. But they are only equipped to shelter a fraction of all those actually living on the streets. Donations of money, supplies and time are a godsend. Please consider it.

If you know of a young person struggling at home or at school, or perhaps struggling with an addiction, steer them towards free counseling, the Kids Help Phone 1-800-668-6868 (Canada's professional, confidential, bilingual help line 24/7/365) or to the YSB. **Do it before it is too late.**

Vincent Massey School

Continued from page 31

Vincent Massey Community of parents and teachers. To all who participated in this event, thank you for a wonderful evening!

Submitted by Ms. Wilson, Teacher

New Art at V.M.: One world, One family

This year Vincent Massey Public School was the lucky recipient of the Raisin Art Grant. Teacher Alex Smith, worked along with Madame Bordeleau's class of students (GIF7/8) to create a mural in keeping with the school's commitment to celebrate their cultural diversity. The theme of the mural is One World One Family, and it is made up of 29 plaster cast molds of their hands and faces. The grade 7&8 students painted a flag that represented their heritage and were then encouraged to express their personality on the remainder of the hand. The result is an eclectic, colourful, cultural display of children's art. Vincent Massey has over 700 students from over 25 plus different countries and many different languages are spoken by the students and the families. The Mural will become a permanent installation at the school.

Submitted by Alex Smith, Teacher

Music Monday rings through Vincent Massey!

Monday May 4th was Music Monday, a very exciting day at Vincent Massey PS and at many schools across Canada. It is a national event held every year celebrating music education. This year once again we teamed up with Hillcrest High School. A group of 40 students, along with their teachers Ms. Hunter and Ms. Reeks, came over and engaged our students in many fun and educational activities from an instrument petting zoo to harmonica making. The grade 5's and 6's (over 120 students!) also enjoyed a drumming circle on the front lawn in the afternoon with percussionist Leo Brooks. The highlight of the day, as always, was our whole student body (and parents) gathering on the front lawn

and, along with the Hillcrest Band and our Orchestra, singing/playing this year's Music Monday song, "We Are One". There had been rain in the forecast but we had sunny skies all day!!

It was a wonderful celebration of the importance of music in our schools and the joy it brings!

Submitted by B. Prokaska, Teacher

Vincent Massey Heart of the City Piano Program

In January 2005, the Heart of the City Piano Program started in Ottawa. At that time, Vincent Massey enrolled as one of 4 schools in the OCDSB to participate in the program. This year marked the 10th anniversary of this program at Vincent Massey.

On Wednesday, April 8th, students in the program attended a special 10th anniversary Ottawa Heart of the City Spring Piano Recital. The recital was held at the University of Ottawa in the Tabaret Building. After the recital, the students had a chance to tour the faculty of music. The students were introduced to: the outdoor amphitheater, period instruments, the piano pedagogy laboratory and the music library.

The following students participated in the program and demonstrated their hard work and dedication as they performed in front of their peers, teachers and parents:

Saabrin Abdulkadir Ahmad, Sami Abu Mahfuz, Malak Abuzwaida, Abdallah Alkawasmeh, Ryan Baker, Keira Dunkley, Zainabu Evans. Edwin Garcia Funes, Alexander Guindon, Menna Ibrahim, Mariam Jemal, Grace Johnston, Haseeb Klasra, Tesha Lazore-Garrow, Mohamed Nur Mohamed, Zakaria Osman, Morgan Pearson, Rihannalicia Shearer, Norah Smith, Amin Youssouf, Austin Harvey, Dina'Jha Sparks Grousse, Susan Haybe, Keira Eber, Carmen Nicholson, Iris Steup, Rua Shkab, Sadia Sufian, Jenna Ali, Heba Mahmoud

This year Vincent Massey had the privilege of working with the following 6 dedicated volunteer piano teachers: Curtis Quan, Jennifer Ham, Eileen-Hue Phan, Darrick He, Garrett Fairman, Jessica Gallant.

Thank you to the efforts of the volunteers and students. The 10th anniversary recital was a great success for everyone.

Submitted by: D. Burns, Teacher

SOLE Update May 2015

The grade 8 SOLE Group students are now in the midst of delivering their community programs.

The Dance program is Thursdays every week and it starts from 4pm until 5pm in which we teach kids in Dempsey community center's gym. Here they not only develop dance skills, but build on their self esteem and allow the children to express their talents.

The SOLE Brothers had 2 full sessions awesome sessions to date. They work with young boys every Wednesday for forty minutes during the recess time at school. This group of boys implement activities to promote self esteem.

The media group has finished storyboarding and has also collected media for building their Public Service Announcement. The idea of the PSA is to promote Dempsey Community Center and give the message that how wonderful and important it is in the community.

Visitors from City have also talked with the class. Both John Fraser our local MPP and Jim Watson, Mayor of Ottawa, visited to learn about the Community program and to offer advice when getting involved with the community.

Submitted by: Aileen Adam, Grade 8

If you are interested in supporting and knowing more about this group, Please follow them at: @JustCOS in Twitter
Or at @communityofsole on facebook and Instagram
Visit them at:
www.communityofsole.com
Office Phone number: (613)-733-5955
Email [address: communityofsole@gmail.com](mailto:communityofsole@gmail.com)

Submitted by: Aileen Adam, Grade 8

Nordic walking

Continued from page 44

and out of shape over my lifetime, I know how it feels being completely sedentary as well as how it feels to be very physically fit and active for hours a day," Hayball told the Nordic walkers. "To stay fit usually involves finding an exercise you love that's easy to do."

What Hayball loves about Nordic Walking is that it is easy, affordable, of low impact and a full body workout.

"You can start at a beginner level walking with ease but you can also increase intensity to make it harder. You can pack your poles in a suitcase and take them anywhere."

Hayball outlined the history of Nordic pole walking saying it started in Finland and dates back to the early 20th century. Cross-country skiers used their ski poles for snow-free exercise to stay in good physical condition during summer months. He said the term Nordic walking or pole walking was established in 1997 when a Finnish ski equipment manufacturer, in cooperation with athletes and sport medicine experts, developed a fitness walking pole with an innovative wrist strap system.

"The wrist strap is the key component to the pole walking technique that allows walkers to perform the full range of motion associated with physical health-related benefits. Nearly all body muscles and the cardiovascular system are engaged moderately at the same time. Walking, jogging or training on a stationary bike or treadmill uses only about half of all body muscles."

Sunnybrook Health Science Centre in Toronto was the first hospital in Canada to successfully incorporate Nordic pole walking as a staff program.

Hayball said that from age 2 to 102 it's best for rehab, stability, balance, posture and as a social exercise.

"While Nordic walking you can smile and talk with partners while most joggers often run forward with grim faces!"

Update from Maplewood Retirement Community

On June 10th, Maplewood will be hosting a few events which will provide something for everyone. The afternoon will kick off at noon with a BBQ to raise money for The Ultimate Run for Men's Cancers. A "Gone with the Wind" fashion show will follow the BBQ at 2:00pm. Learn fun facts about the movie, and production,

behind the scenes activities, and the personal lives of the actors. Stay after the fashion show to join us for High Tea.

We are looking forward to celebrating St. Jean Baptiste Day with an outdoor concert on our beautiful patio with bilingual singer Chantal Larivière starting at 3:00 pm. Canada Day will bring with it

another day of celebrations with entertainment by singer and guitarist André Gareau at 3:00 pm. We will have a view of the fireworks from our patio at 9pm!

August 14th will be another great outdoor event for the whole family. Our first country BBQ will feature a petting zoo, face painting, and country band Musical Memories.

Join us for a BBQ from 11:30-2:00, and live band from 2:00-3:30.

Tours are available to visit our community.

For more information, or to book a tour, please contact Pam Maskell at 613-656-0556 or visit us on-line at maplewoodretirement.com



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Catina Noble snaps some great shots



Kaylee



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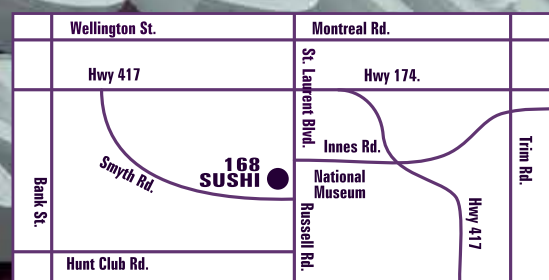


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